



## Communication: Website & Newsletter

### Monthly Health Focus – Healthy Travel



Travel takes you out of your wellness routine and offers new sights to see, new food to try, and new experiences. No matter where you're headed, sticking to safe and healthy travel practices will make your trip happier and healthier. Preparation is key whether you're driving, flying, taking a train, or riding a bike.

#### Plan for Your Journey

- Take a reusable water bottle.
- Pack healthy snacks: unsalted raw nuts, fresh or dried fruit, whole grain crackers.
- Plan to stop regularly if driving and to stand up regularly when traveling by plane, train, or bus.
- Plan ahead to access books, music, podcasts, and movies online.
- Build in time for traffic and delays — helps with stress management.
- Be aware of infectious diseases and safety alerts for the area you're visiting:
  - See Travelers' Health at [Centers for Disease Control and Prevention \(CDC\) website](#).
  - Read about any safety alerts at [travel advisories](#)
- Keep your personal and family health information within reach.
- A first-aid kit can help you respond to common injuries and emergencies.
- No matter the time of year, bring sun protection: sunglasses, hat, and sunscreen.

#### Healthy Meals and Physical Activity While Traveling

Healthy eating can be especially challenging when away from home and your normal routine. Vacationing is not a free pass to eat or drink whatever you want. Exercise discipline so that you will be happy on your return that you did not gain weight.

- Locate a grocery store close to your hotel to buy healthy food and snack items.
- Locate healthy restaurants by searching online and asking the hotel staff:
  - [yelp](#) — search "healthy restaurants"
  - [HappyCow](#)
  - [HealthyDiningFinder](#)
- Drink plenty of water to prevent dehydration and limit alcohol consumption.
- New environments are filled with tempting food choices. Use the plate model when ordering, manage portion sizes by sharing or ordering fewer items, and enjoy local treats occasionally.
- Focus on non-food rewards: play cards, schedule time to read or listen to a book, buy tickets to a local event.

Set yourself up to make physical activity convenient:

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- When staying at a hotel, choose a fitness friendly facility.
- Wear or pack running shoes. Pack exercise clothes, swim suit, and light weight equipment such as resistance bands and swim goggles.
- Take a walking tour or self-guided tour of the local sights.
- Track your step count and try to exceed 10,000 steps a day.
- There are “active vacations” for every age, level of fitness, and budget.
- Remember to include physical activity while getting there:
  - Get out of the car regularly for breaks.
  - You'll be sitting on the plane, train, or bus. Walk the terminal while waiting for departure.

### Tips to Manage Stress and Sleep Well While Traveling

Traveling can add an extra layer of stress to daily activities.

- When traveling for business, remember to get outside for fresh air and a change of scenery.
- When traveling with others, get input from everyone and set vacation guidelines ahead of time to keep the trip on an even keel.
- Think about timing and convenience, and plan for delays and the unexpected.
- Build in time to fully enjoy the surroundings.
- Remember there are things you cannot control — pack patience and tolerance, and remember to laugh.

Traveling can make it hard to sleep. A new bedtime routine and a different bed or sleeping arrangement can keep you awake. You can end up tired, stressed, and unable to do your work or enjoy yourself.

- If you travel across time zones, eat meals on the new time zone and go to sleep by 10 pm in the new time zone.
- Some experts recommend taking over-the-counter melatonin 30 minutes to an hour before the time you want to fall asleep.
- Follow healthy sleep practices when you are out of town:
  - Minimize large meals close to bedtime.
  - Stop using screens 30-60 minutes before you go to sleep.
  - Close the blinds well, and use a mask if necessary, so bright light doesn't wake you up.
  - Keeping a routine makes it easier to sleep, so try to go to sleep and wake up at the same time every day.
  - Take along earplugs in case you have to sleep in a noisy environment.
- Avoid or minimize alcohol and caffeine as both can keep you awake.

Traveling and stepping away from the daily grind are important. Travel can improve mental health by helping you destress and recharge. Travel also creates positive memories. Stay safe and healthy and enjoy your travels!