



FitBiz Watercooler Wellness

June 2019

GET OUT OF THE OFFICE! – Master the Art of Healthy Travel

Summer is a time for vacations, but we all know it's tough to stay healthy when traveling, especially when you're on the road and away from your normal routine. Whether it's by car, plane, boat or train, living out of a suitcase is not the most conducive to making healthy choices. It's easy to fall into the trap of travel + vacation = goodbye wellness goals, but with a little planning your traveling life can be (almost) as healthy as your day-to-day living.

1. **Hydrate, hydrate, hydrate** – There's no faster way to feeling off your game than dehydration, which can cause headaches, fatigue, and irritability. Not only is it dangerous, but almost always completely preventable. Bring a reusable water bottle with you wherever you go and try to drink 60-70 ounces of water each day.
2. **Pack healthy, non-messy snacks** – Your en route healthy food options might get scarce when traveling, so it's always safe to pack your own snacks. Grab tasty things like unsalted nuts, fruit, protein or snack bars. Individually packaged snacks like hummus and pretzels or string cheese are also a great option. These finger foods involve little to no preparation and will ward off a case of the "hangries".
3. **Clean, clean, and clean again** – Germs are everywhere. Repeat: everywhere. But there's no need to be overly alarmed, just aware. Stay healthy and protect yourself by washing your hands frequently. Toss a pack of anti-bacterial wipes or hand sanitizer in your carry-on. Both are perfect for wiping down tray tables and cleaning your hands after grabbing the subway railing.
4. **Wear your running shoes** – While slip-on shoes make everything easier at airport security, running shoes can take up weight and space in your travel bag. Fortunately running shoes are currently in style and if you're wearing them, you're more likely to be active as you travel. If they're on your feet you'll be guaranteed to have them at your final destination!
5. **Remember to relax!** – Being healthy isn't all about exercise, it's also about taking care of your body and knowing when you need a break. Vacations are meant to revive your soul, so remember to take some time out of the day for yourself. Keep a loose schedule and give yourself some flexibility. You can always get back on your game when you return home.

Healthy Tip

Take care of your body. It's the only place you have to live.

