

# July – Stay Healthy During Your Travels

Ah! Summer is here! Many people are traveling and going on vacation this summer. To keep your focus on your wellbeing while you are traveling it's important to stay healthy so you can enjoy the experience and savor every minute.

A little bit of planning goes a long way when it comes to boosting your body's natural ability to handle the stresses of travel. Here are our top ten tips for staying healthy while traveling.



## Travel Tips:

- 1. Drink plenty of water to stay hydrated on your trip.** Dehydration can cause confusion, exhaustion, muscle cramps and headaches. Bring a reusable water bottle with you so you can keep it filled up with water during the trip.
- 2. Continue your workout routine;** choose something based on the exercises you actually like doing! This could be using the hotel gym, taking daily walks, renting a bike or doing a few yoga poses. You could take resistance bands in your suitcase or view an exercise video on YouTube from your smart device.
- 3. Fit one healthy meal into your daily schedule** to keep your body strong. Be mindful of your sugar, sodium and carb consumption in this meal.
- 4. Keep healthy snacks in your bag;** this is particularly crucial during traveling. Trail mix, power bars, fresh fruit are examples. Shop at a healthy market close to where you are staying
- 5. Try to keep your routine from home.** Pack your vitamins and supplements, moisturizers and add sunscreen, a hat, etc.
- 6. Prepare for a good night's sleep.** Pack an eye mask and ear plugs if you have problems going to sleep at night.
- 7. Pack your aromatherapy.** Bring a small diffuser and essential oils – peppermint to refresh a room you are staying in, to perk you up and lavender for relaxing.
- 8. Write it down.** Take a journal to write down the best parts of your trip.
- 9. Manage the use of your smart phone** – is it a great time to take a break from electronics and reconnect with yourself.
- 10. Check the weather forecast** before you leave home to get a feel for what to expect temperature wise. July in northern CA is chilly in the mornings as an example.

