



Monthly Productivity & Balance Newsletter | June 2018

## Travel Tips for a Healthy, Happy Summer

As kids across the country countdown to summer break, vacation plans are already underway. Summer vacations are exciting and relaxing opportunities to get away from daily stressors, but traveling can also wreak havoc on your health. Whether you are traveling to a tropical destination, taking a road trip with your family or preparing to travel for work, there are steps you can take to stay healthy and make the most out of your trip.

### Carry a Reusable Water Bottle

Packing a reusable water bottle is a simple way to stay hydrated while you are traveling. If you are flying to your destination, fill your bottle up at a water fountain once you get through airport security and sip while you fly. For long car rides, reusable water bottles save you money at rest stops and minimize the temptation for sugary, calorie-laden beverages. Carry your bottle with you throughout the trip, whether you are sight-seeing or sitting in meetings. Staying hydrated while you are away from home will give you a boost of energy on long days and help you to offset indulgences such as alcohol and rich foods.

### Work in Your Workout

If you are planning a relaxing trip filled with beach reading and tanning or a work trip full of long meetings, it is important to schedule time for exercise. Going for an early morning jog, hitting the gym at the hotel, or breaking out the yoga mat can keep you energized and help you stay healthy without sacrificing your downtime. During a movement-filled trip such as visiting a new city or exploring the great outdoors, dress appropriately and stay hydrated as you turn your vacation into an exploration.

### Pre-plan Some Meals

Vacations are a great time to indulge in elaborate dishes, but eating three heavy meals each day can wreak havoc on your digestive system, skin and diet. Eating healthy while traveling, though, is no easy feat. Do your homework to locate farmers markets or restaurants with healthy meal options. If you are staying in a hotel with a kitchenette or an AirBnB, visit a local market or grocery store when you arrive and cook some meals during your stay. Whether you rely solely on restaurants or if you can make a few meals on your own, plan to eat at least one fresh, healthy meal each day and your body will thank you.

### Keep Your Hands Clean

No one wants to catch a cold while they are traveling, especially when you are on vacation. The most effective way to avoid the flu and minimize your interaction with germs, even while flying, is to keep your hands clean. Wash your hands whenever possible and carry sanitizer for moments when a sink isn't available or someone forgot to fill the soap in a public restroom.

### Stock Up on Snacks

If you are taking a road trip this summer, pack healthy snacks for the ride. Bringing your own munchies will keep you full and satisfied, while saving you money and minimizing those junk food cravings. Nuts, low-sugar protein

bars, pretzels, jerky, rice cakes and popcorn are affordable items that will pack easily and stay fresh while you drive or ride.

### Get Some Rest

As tempting as it is to stay up late and enjoy the local night life or cram in some extra hours of work, sleep is imperative for successful travel. Whether you are away from home for work or just getting some much needed relaxation, travel is stressful. You'll need a good night's sleep to process the level of stress your body experiences while flying or sitting still for long car rides. Try to get 7 to 8 hours of sleep each night while you are traveling to feel refreshed in the morning and energized all day.

### Stay Positive and Flexible

From flight delays and traffic jams, to reservation mix-ups, travel mishaps can put a damper on your vacation and make work travel even more stressful. While thorough planning can make a difference, you can't control every moment of your trip. Step onto the plane or close the car door with an optimistic mindset and keep that focus throughout your time away. When a plan falls through, your schedule changes unexpectedly, or you are disappointed by an experience, focus on the positive aspects of your trip and enjoy your vacation.

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**For more information about travel planning or to reach a Behavioral Health or Work/Life Expert, contact eni**

**by calling:**

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