



Traveling for business or pleasure can easily derail your health and fitness regime. It's easy to fall into the trap of high calorie meals and little exercise because "I'm on vacation" but, with a little research, some smart packing, and a bit of prioritization, you'll be on your way to the healthiest trip of your life. These 8 healthy travel tips will keep you on track.

1. Research Your Destination

The more you can research and investigate prior to your trip, the easier it will be to maintain a healthy lifestyle while traveling. To stay on track with your food, try to find a nearby grocery store or health food store, look up a couple of well rated restaurants that offer some healthy choices, and try to stay somewhere with a fridge or kitchen allowing you more options.

2. Get as much rest as you can

Try to get at least 7 or 8 hours of sleep every night while away. Sometimes work and play gets in the way of sleep, but if you make it a priority, you can easily achieve your sleep goals. If you are adjusting to a new time zone, try to stay awake on the first day until your usual bedtime in your new place, and then go for a full night's sleep to quickly adjust. Adequate sleep helps your immune system stay strong and promotes recovery, so prioritize accordingly!

3. Scope out your fitness scene

Try to find healthy activities that you are excited about at your destination. If you want to get your sweat on but don't want to spend any money, make up your own workout! If you're staying somewhere with a fitness facility, make yourself a hotel workout using their equipment, head to a park for a bodyweight workout using the playground equipment, or hit up the pool. If you are a crossfitter, look up a local box. If you are a yogi, find a nearby yoga studio. At a beach? Grab a surf or stand up paddle board lesson. Some fitness institutions allow free drop-ins or have promotions for out-of-towners.

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4. Stay Hydrated

Pack an empty water bottle while flying that you can fill up once you've passed through security, and stay ahead of dehydration by drinking plenty of fluids. If you are exercising while traveling or headed somewhere hotter or more humid than your usual climate, make sure to take in extra water. As an added bonus, staying fully hydrated prevents your body from confusing being thirsty with being ravenous and accidentally consuming too much!

5. Pack Meals and Snacks

Avoid unhealthy, greasy, processed food while traveling by packing your own meals and snacks. Bringing healthy food ensures you know exactly what goes into your food and prevents you from spending money on food that doesn't even taste good! If you have some favorite packaged snacks like protein bars, beef jerky, or nuts, you could stash some extras in your checked luggage to have once you arrive at your destination.

6. Walk Every Day

Exploring your destination on foot is an amazing way to sneak in some exercise while traveling. Grab a map, get lost, get found, and take in the sights, smells, and sounds of where you are. This is a great way to find hidden gems that aren't in the travel guides.

7. Pack your Gym Gear, Vitamins, and Supplements

It is a lot harder to find motivation to work out while traveling if you don't have the gear that you need! Always pack gym gear so that you have no excuse not to exercise. If you regularly take vitamins and supplements, pack yourself a supply for the duration of your travel so that you can maintain your routine while you are away.

8. Live Well

Last tip... Enjoy Your Surroundings. Find the beauty in all you survey and do. Take a moment and reflect, giving yourself permission to RELAX.

You only have one life to live...Live it well!

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