

8 WAYS TO STAY HEALTHY WHILE TRAVELING

BRING YOUR OWN FOOD

Bringing your own snacks to the airport is the simplest way to stay satiated and avoid the temptation of fast food and over-priced, unhealthy meals. Some examples of food to bring with you are nuts, dried fruit, seeds, bars, and whole fruits. These have a good supply of protein, healthy fats, and fiber. Another idea is to make your own trail mix. This will help keep you feeling full during your travel day. You'll feel great about yourself for staying on track and also for the cash you'll save!

BRING YOUR REFILLABLE WATER BOTTLE

Staying hydrated will keep you healthy! It's so easy to become dehydrated when traveling in planes and trains with dry air. Many airports have refillable stations spread throughout their terminals now, so it's getting easier and easier to fill up. Plus, you're being environmentally responsible by not buying plastic water bottles.

EYE COVERS, EARPLUGS, AND COMFY SHOES

You need sleep, rest, and comfort in order to keep your immune system strong. Eye covers and earplugs will keep you shaded from the light and protected from noises if you're trying to rest. I never travel without these items. Even the nicest hotels can have an unpredicted party in the room next door. Comfortable shoes are a must if you're going to be walking a lot through a city or an airport! You'll need rested, healthy feet for all of the exploring, hiking, or running you plan on doing.

BRING YOUR OWN TEA

This is a new one for me in the last couple of years. If you're someone who tends to be chilly, this can be really helpful. Typically, a restaurant in an airport will provide you with a cup and some hot water. Tea helps with immunity, warms you up, and also can help you fight off a craving for bad airport food! It's also another chance to feel good about the choices you're making because tea is healthy! Even if you add a bit of honey or sugar, it's still a much lighter choice than the ice cream or chips readily available at the airport.

VITAMIN C

A good dose of Vitamin C is always a great idea. A quick visit to the healthy section of your grocery store will help you load up on this powdery goodness. Just slip one into your water bottle and you are good to go. Vitamin C will boost your immune system which will help you stay energetic and healthy on your trip. Also, packing a few zinc lozenges in your bag could come in handy in case you do feel a bug coming on.

STRETCHING

Although you might be on a plane, sitting in an airport, or staying in a hotel that doesn't have a gym, you can still do some stretches and help your flexibility. If you have space to lay on the floor, lay on your back with your legs bent up to your chest. Move your bent legs together from one side to the other and feel the stretch. When standing, stretch your arms over your head and grasp your hands together. Bend to the left and hold the position, feel the stretch. Follow with the other side. If you're sitting, stretching your neck is an easy one. Tilt your head back and hold. Back to center, and then to left and right. These seem very little but they're extremely effective to keep you flexible and pain free.

DISINFECTANT WIPES

Bring a small ziplock or package of cleansing wipes and clean off arm rests, sound and power buttons for audio, seats, trays, and anything else on the plane that you anticipate coming in contact with. This will help rid germs and bugs that may have been previously left by the passengers before you. This is also great for the airport, hotel rooms, bathrooms, rental cars, and taxis.

PROBIOTICS

Start taking a probiotic to keep your gut healthy by increasing the good bacteria! This will help fight any infection that you happen to pick up along the way. Especially when you'll likely be eating differently on your trip, this can be very helpful. Make sure to also take your regular vitamins and eat lots of fruits and veggies before you depart to give your immune system a boost!



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