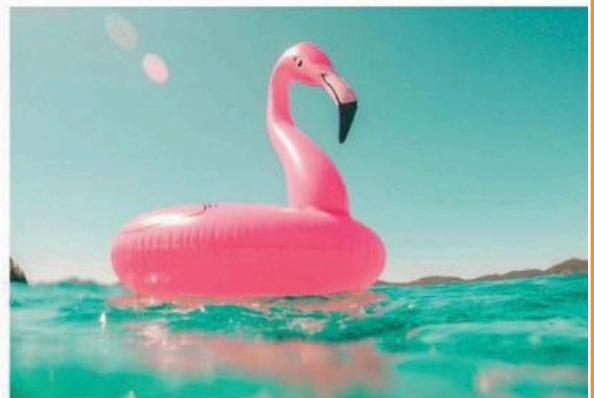
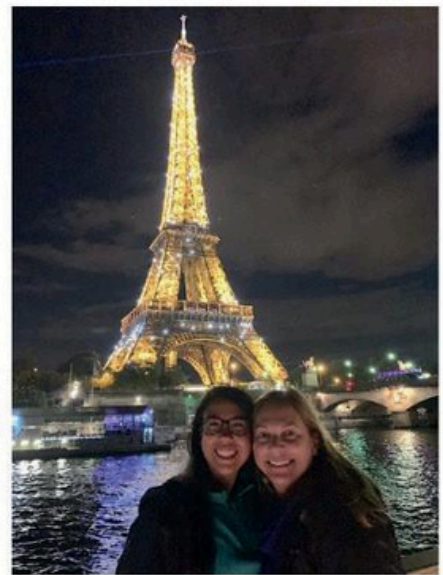
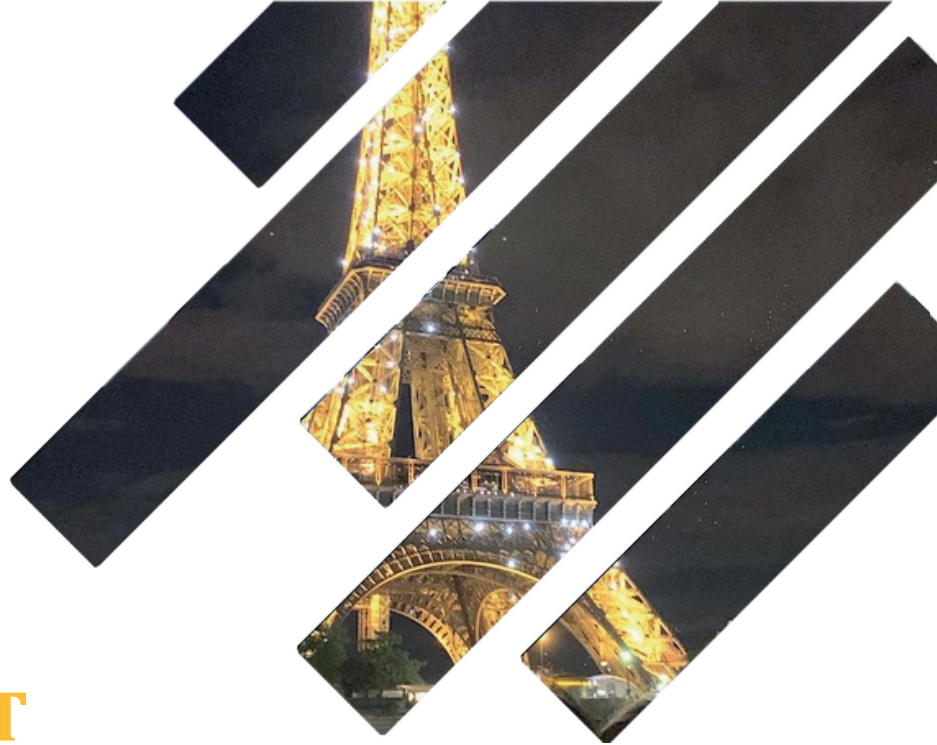




TRAVEL HEALTH & WELLNESS TIPS





ENJOY A FUN, FIT AND FABULOUS VACATION (with no guilt waiting for you back home).

Have you ever found yourself in a situation like this? You go on vacation and there's so much to do in so little time that your exercise routine falls through the cracks.

Between the sightseeing and the visiting and sampling the local food, you just "don't have time" to exercise. Then you return home and find it difficult to get back on track.

Well, don't worry! It's a common problem. And the solution doesn't involve slavish devotion to your normal routine while you're away.

Here are some stress-free health and wellness tips to keep you on track while traveling this summer.



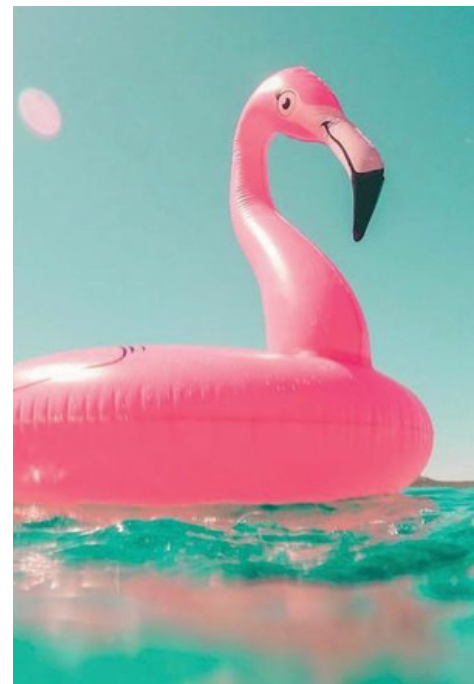
KEEP MOVING

- ◆ The main thing is to get in some movement every day, even if it's "just" walking. (We all know how those steps can add up on a trip.)
- ◆ If your hotel doesn't have a decent "fitness center," ask the hotel staff for a recommendation.
- ◆ If you're staying with friends or family, ask them or do a little Internet research to find a gym, yoga class, or something to meet your needs.
- ◆ Lots of people enjoy active vacations, so if you're hiking, biking, or otherwise engaged in something physical, then you're fine.
- ◆ If this trip is going to be more sedentary than you like, that's OK. Just make the effort and be grateful for whatever opportunities you create.
- ◆ Have fun! You're on vacation.



TAKE CARE OF YOURSELF

- ◆ Maintain your meditation, prayer, and journaling practices, even if you don't spend as much time on them as you do at home.
Delight in the serendipity that can often be found when you're out of your element. That sunrise yoga class, that child's laugh, that old friend's hug...
- ◆ Take the opportunity for a digital detox as much as possible. Let go of social media and texting friends back home. Ignore the news. And let someone else take the photos for once! Enjoy the moment.
- ◆ Hydrate! It's soooooo important when you're traveling.



ENJOY THE CUISINE

- ◆ The great thing about healthy habits is consistency. So, if you're eating well and exercising regularly, it's OK to indulge sometimes – like on vacations.
- ◆ Food can be a great avenue to learn about other cultures and socialize.
- ◆ Allow yourself to enjoy reasonably, and remember that fresh produce, fish, and seasonings in a new place can be as tantalizing as desserts and alcohol.

WHAT TO PACK

- ❖ Versatile workout clothes. Gym shorts that double as swimming trunks. Yoga pants you can wear on tours. Workout shoes that also work for long days walking.
Resistance bands, TRX equipment, or a jump rope. These are lightweight, easy to pack, and versatile for in-room workouts.
- ❖ A yoga mat for more in-room options.
- ❖ A fitness tracker. It's fun – and amazing – to see how many steps you get while on vacation! It'll also keep your movement "top of mind" for those days when you're not already walking a lot.
- ❖ Massage devices like small foam rollers or portable massagers. Swim goggles. Especially if you're with kids, you might be getting wet!
- ❖ Sunscreen, visor, bug dope, lip balm, hand sanitizer. Don't let common frustrations like sunburn and mosquito bites keep you from enjoying activities.
Sleep mask and ear plugs. Different settings can bring different distractions from important rest.
- ❖ Prescription medications and preferred over-the-counters so you stay on track.
- ❖ First aid kit. Nothing major, but a basic set to keep you from running around a strange town looking for a drugstore in a minor emergency.

It's easy to maintain a baseline of our health and wellness habits while on vacation. It just takes a little planning and a touch of determination.

You can do it.

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