



VACATION HEALTH

“Your heart doesn’t know you are on vacation”

~ Dr Kappagoda

WANNA TAKE A HEALTHY TRAVEL QUIZ?

- Do you make sure to have a meal before making your way to the airport?
- There's free alcohol on your flight... Do you indulge?
- Breakfast or nah?
- The waiter asks if you want dessert after your last meal... You say?
- You're in an Airbnb with access to a kitchen... How often do you cook at home?
- Bus tour or walking tour?
- You're weaving your way through the Tube... Stairs or escalators?
- What's in your First Aid kit when you travel?

WHAT DO YOU DO TO STAY HEALTHY ON VACATION?





TIPS TO EAT HEALTHY WHILE ON YOUR TRIP

- Eat before the airport
- Watch out for jetlag
- Drive past the drive-thru
- Save space for treats
- Beware of buffets
- Stay regular



MORE TIPS TO EAT HEALTHY WHILE ON YOUR TRIP

- Visit food markets
- Pack snacks
- Make your own meals
- Beware of drinks
- Take a cooking class

HOW DO YOU GET EXERCISE IN WHILE ON VACATION?



EXERCISE AND FITNESS

- See the sights
- Take the stairs
- Embrace your surroundings
- Be adventurous
- Try the local specialty
- Make exercise your vacation

ROOM AND BOARD

- Check out amenities first. Make it easy to squeeze in workout time by booking a hotel with a gym or pool
- Scope out the neighborhood for gyms, workouts, yoga
- Do it anywhere. Bust a move in your hotel room to keep fit
- Stash food. Ask for a room with a mini-fridge and keep it stocked with healthy snacks like fruits, veggies, and nuts to avoid room service

REST AND RELAXATION

- **Keep work away**
- **Free your mind.** Meditating for just a few minutes each day can help relieve anxiety and stress.
- **Get the most out of time off.** Doing activities that you enjoy, keeping your cell phone off, and sharing time with friends and family (or alone time!) ensure that you'll get the most bang for your buck out of a vacation.



QUESTIONS?

Thank you!