SafetyNet

TRAVEL HEALTH

On-the-Road Survival Tips

Once you hit the road, there are many things you can do to stay healthy and protect your health. Here are some of our top tips:

Stay hydrated

Staying hydrated is essential to maintaining good health, especially when you're traveling. Be sure to drink plenty of water throughout the day and avoid excessive caffeine or alcohol consumption, which can dehydrate you.

Eat a healthy diet

Eating healthy while traveling can be a challenge, but it's important to feed your body nutritious foods so you can feel your best. Pack healthy snacks like nuts, fruit and granola bars, and try to find restaurants that serve fresh, whole foods.

Get enough sleep

Getting enough sleep is important for your physical and mental health, especially when you're traveling. Make sure to get at least 7-8 hours of sleep each night, and try to stick to a regular sleep schedule as much as possible.

Regular exercise

Exercising regularly while traveling can be a great way to stay healthy, boost your energy levels and fight jet lag. Pack a pair of running shoes and explore your destination on foot, or try yoga or another form of exercise in your hotel room.