

Travel Well

Introduction

Welcome to the Virtual Self-guided Wellness Exhibit **Travel Well** . This learning module contains 15 posters and takes approximately 20 minutes to complete.

Before you get started, print the **Passport to Healthy Travel: Travel Well** which is on the next page of this Virtual Exhibit. Answer the questions on the Passport as you go through the Virtual Exhibit.



Passport to Healthy Travel: Travel Well



Name: _____

Answer these questions as you go through the virtual educational exhibit to reinforce your learning.

Exhibit 1: Stress Management During Car Travel

What stress management practices for car travel could make your drives smoother?

Exhibit 2: Drive Alert

Circle One: How often do you feel drowsy when driving?

Rarely or Never Occasionally Most of the time All of the time

What can help you stay more alert when driving?

Exhibit 3: Healthy Eating When Traveling By Car

List some healthy snacks that you like and are easy to pack when traveling by car.

What healthy restaurants are on the route you generally travel?

Exhibit 4: Healthy Hydration When Traveling By Car

Circle One: I consume ample water (eight 8-ounce glasses a day) when traveling.

Rarely or Never Occasionally Most of the time All of the time

Exhibit 5: Physical Activity When Traveling By Car

Circle One: I experience muscle tension and cramping when traveling by car for long periods?

Rarely or Never Occasionally Most of the time All of the time

Circle One: I take walking and stretching breaks during long car rides?

Rarely or Never Occasionally Most of the time All of the time

Exhibit 6: Stress Management Practices For Air Travel

Circle all that apply: I focus on minimizing my sleep disruption when traveling and I consider _____ when selecting an itinerary.

- a) Departure time
- b) Layover(s)
- c) Time zone changes
- d) Time to travel to airport
- e) Time to travel to meeting or hotel

Exhibit 7: Eating Healthy At The Airport And On The Airplane

What healthy snacks would you enjoy on your flight?

List healthy restaurants at the airport you usually depart from:

Exhibit 8: Healthy Hydration While In-Flight

Circle One: I focus on drinking ample water (one 8-ounce glass per hour) while in-flight.

Rarely or Never Occasionally Most of the time All of the time

Exhibit 9: Physical Activity At The Airport And While In-Flight

Circle One: I get adequate physical activity while at the airport.

Rarely or Never Occasionally Most of the time All of the time

Circle One: When flying, I make a point of getting up every hour to walk and stretch in my seat.

Rarely or Never Occasionally Most of the time All of the time

Exhibit 10: Healthy Eating When At Your Destination

List ways you can improve your eating when traveling.

Exhibit 11: Healthy Hydration When At Your Destination

I would like to drink more of _____ and less of _____ when traveling.

Exhibit 12: Physical Activity When At Your Destination

When traveling, I would enjoy _____ to stay physically active on my trip.

Exhibit 13: Healthy Sleep When On Business Travel

In thinking about my sleep habits when traveling, my sleep could improve if I _____

Exhibit 14: Adjusting To Different Time Zones

What can you try to better adjust to the local time zone and minimize jet lag?

Exhibit 15: Stress Management When On Business Travel

What would help you manage stress on your business trips?

STRESS MANAGEMENT DURING CAR TRAVEL



Maintaining your health while in transit will enable you to be in top form when you arrive at your destination.

- 1** Plan your meeting times around traffic patterns.
- 2** Give yourself extra time to account for unexpected traffic by arriving 15 minutes early for meetings.
- 3** If traffic is at a long-term standstill, pull over at the closest exit and wait for the accident to clear. Check side roads or alternative routes you can use to bypass the traffic.
- 4** When traffic may cause you to be late to a meeting, pull over to a safe spot and then notify your colleagues by phone. This will dramatically reduce your stress level by respecting everyone's time.
- 5** Make your driving time enjoyable: listen to music, programs, or audio books.





DRIVE ALERT



It has been estimated that fatigue is a factor in 20% of vehicle accidents. Plan to get sufficient sleep the night before so you can start your journey alert.

- The Highway Code recommends taking a 15-minute break for every two hours of driving.
- When stopping for a break, get out of your car and go for a short walk.

When you feel at risk of falling asleep while driving alone, follow these tips to stay alert:

- Open the windows, the fresh air will awaken you until you can pull off at the nearest exit.
- Eat a healthy snack, such as baby carrots or nuts, to boost energy.
- Keep a caffeinated beverage available in your car for these emergencies.
- Pull over to a rest area or safe place and take a short 15-minute nap in your car. After your nap, take a brisk, ten-minute walk to refresh before resuming your drive.

HEALTHY EATING WHEN TRAVELING BY CAR

Pack Healthy Snacks for Your Drive:

- Whole grain crackers
- Roasted nuts with no added salt
- Dried fruits such as raisins, apricots, and dates
- Fresh whole fruit: bananas, apples, and pears
- Raw vegetables: carrots, cucumbers, bell peppers, snap peas
- Bars with nuts and seeds that are low in added sugar



Plan for Healthy Meals

- Pack a homemade meal to bring along with you on the road.
- Stop at a grocery store along your route and pick up a healthy salad, deli sandwich, roasted chicken, or nutritious soup or chili.
- Use your phone to search “healthy restaurants” and locate healthy quick-serve restaurant options. Check the ingredients of your options and minimize foods with added sugar.
- When stopping at a fast-food chain, order a salad with the dressing on the side and fruit while avoiding fried foods.





HEALTHY HYDRATION WHEN TRAVELING BY CAR

Aim to drink at least eight 8-ounce glasses of water a day.

- Bring a water bottle on your trip and refill it at stops.
- Use an infused water bottle for sliced citrus, cucumbers, strawberries, and mint leaves. This flavor will last throughout the day as you add more water.



Bring your own travel mug for hot beverages so you can sip your beverage without burning your hand while preventing leaks and spills.

- Have a caffeinated drink available.
- Refill travel mug at breaks if you find yourself needing a boost.
- Choose unsweetened options as sugar will give you an initial boost but is followed by a rapid dip in blood sugar and feelings of fatigue.

PHYSICAL ACTIVITY WHEN TRAVELING BY CAR



Sitting in the same position for long periods of time can lead to muscle tension and cramping.

- Remove your wallet or phone from your back pocket.
- Protect your back with good posture:
 - Sit all the way back in your seat.
 - Relax your shoulders.
 - Do not hunch over the steering wheel.
- Perform squeeze and release movements when traffic results in a complete stop by contracting your muscles and holding for 10-15 seconds before releasing. Repeat 10 times for a set.



Take a physical activity break when you stop for gas:

- Go for a short walk to get blood flowing throughout your body.
- Stretch your shoulders, arms, and back to relieve tension.





STRESS MANAGEMENT PRACTICES FOR AIR TRAVEL

B36	Go to Gate
B39	Go to Gate
A53	Late Arrival
A57	Go to Gate
D31	Go to Gate
B36	Cancelled



Follow these air travel planning tips:

- Select a plane itinerary that creates as little disruption as possible to your sleep patterns while enabling you to arrive in plenty of time for your meeting. Things to consider include:
 - departure time
 - layover
 - arrival time
 - time zone changes
 - time to travel to departing airport
 - time to travel to meeting or hotel
- Print your boarding pass in advance.
- Check prior to leaving for the airport if your flight is delayed or cancelled.
- Take public transportation to the airport during times of heavy traffic or allow for extra car travel time.
- To ensure boarding your flight:
 - arrive 1.5 hours prior to departure for domestic flights
 - arrive 2.5 hours prior to departure international flights
- If you travel frequently, save time at security by signing up for TSA Pre✓®.



HEALTHY EATING AT THE AIRPORT AND ON THE AIRPLANE

Pack Healthy Snacks for Your Flight:

- Whole grain crackers
- Roasted nuts with no added salt
- Dried fruits such as raisins, apricots, and dates
- Fresh whole fruit: bananas, apples, and pears
- Raw vegetables: carrots, cucumbers, bell peppers, snap peas
- Bars with nuts and seeds that are low in added sugar



Plan for Healthy Meals

- Find a restaurant at the airport with healthy options.
- Purchase a healthy prepackaged meal at the airport to carry with you on the plane: salads, sandwiches, sushi, fruit cups, soups, and hummus snack plates.
- For international flights pre-order special meals 24 hours or more in advance of your flight:
 - Gluten free
 - Kosher
 - Vegan/Vegetarian
 - Ethnic cuisine options

HEALTHY HYDRATION WHILE IN-FLIGHT



Low humidity in an airplane increases the chances of dehydration. Aim to drink 8 ounces for every hour spent in the air.

Request these drinks while in-flight to stay hydrated:



Water



Sparkling water

with a lemon or lime
or a splash of juice



Herbal tea

Minimize your consumption of caffeine and alcohol, which can promote dehydration.





PHYSICAL ACTIVITY AT THE AIRPORT AND WHILE IN-FLIGHT

Use your time at the airport to keep moving before your flight:

- After going through security, if you have extra time prior to boarding, take a brisk walk around the airport.
- Take the stairs rather than the elevator or escalator.
- Stand instead of sitting at the gate.



Physical Activity Tips During Your Flight:

- Remove your shoes once seated to allow blood to flow and reduce swelling in your legs.
- Get up every hour to walk the aisles and do light stretching.
- Perform stretches in your seat every hour.
- Be mindful of posture when using your computer.
- Use a neck pillow for support when sleeping.



HEALTHY EATING WHEN AT YOUR DESTINATION



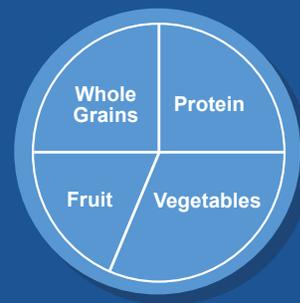
Locate a supermarket or convenience store close to your hotel to buy healthy food and snack items.

Start your day with a nutritious breakfast at the buffet by choosing fresh fruit, whole grains, and protein.



When eating out:

- Locate healthy restaurants by searching online, asking the hotel concierge and local business associates.
- Use the plate model to balance your meal, covering all the food groups.
- Request a whole grain option.
- Request fruit or vegetables as substitutes for chips or French fries.
- Ask for dressings and other condiments on the side.
- Manage portions, ask for a to-go container for extras.



HEALTHY HYDRATION WHEN AT YOUR DESTINATION

Beverages 8-ounce Serving Size	Calories
Sparkling and Still Water	0
Unsweetened Teas or Black Coffee	0 or 2
Tea or Coffee with 1 oz milk (<i>non-fat/2%/whole</i>)	10/15/18 or 12/17/18
Tea or Coffee with 2 tsp sugar	32 or 34
Tea or Coffee with 2 tsp sugar and 1 oz milk (<i>non-fat/2%/whole</i>)	42/47/50 or 44/49/52
Coffee Latte 1 oz milk (<i>non-fat/2%/whole</i>)	70/100/110
Coffee Caramel Macchiato 1 oz milk (<i>non-fat/2%/whole</i>)	100/120/140
Tomato Juice	50
Soda*	100
Fruit Juice (<i>citrus, apple, grape</i>)	112-154

*can of soda is 12 ounces, 150 calories in a can of soda

Maintain a healthy weight, when traveling by eating your calories rather than drinking them. Liquid calories don't contribute to feelings of fullness as your body does not register liquid calories like food.

Follow these tips for healthy hydration:

- Drink an average of eight 8-ounce glasses of water a day.
- Healthy alternatives to water that can boost your energy level include unsweetened green and herbal teas, and green vegetable smoothies.
- If you like carbonated drinks, request sparkling water with a lemon or lime wedge, or add a splash of juice.



Beverages to moderate for healthy hydration:

- Limit or avoid sugar-sweetened beverages to keep calories and energy levels in check. Sugar will give you an initial boost but is followed by a rapid dip in your blood sugar and feelings of fatigue.
- Moderate caffeine consumption and choose unsweetened varieties. Up to four cups of coffee a day is safe for most healthy adults.
- Limit alcohol consumption to the guideline of 1 drink a day for women and 2 drinks a day for men.



PHYSICAL ACTIVITY WHEN AT YOUR DESTINATION

It is important to maintain your physical activity routine while you are on business travel. Make time for cardiovascular exercise, and incorporate strength, balance, and flexibility exercises throughout the week. Each day work towards achieving 10,000 steps.



Stay at Fitness Friendly Facilities: onsite gym, swimming pool, near open space.

1

2

Pack What You Need: running shoes, shorts, T-shirts, swimsuit.



Bring Equipment On the Go: resistance bands, jump rope, Fitbit®, swimming goggles and cap.

3

4

Use Your Smartphone: apps are now available to guide you through many types of workouts that you can do right in your hotel room.



Tips for achieving 10,000 steps a day: take the stairs, walk to meetings and restaurants, walk during lunch, take a walking tour of the city, and enjoy local attractions.

5

HEALTHY SLEEP WHEN ON BUSINESS TRAVEL



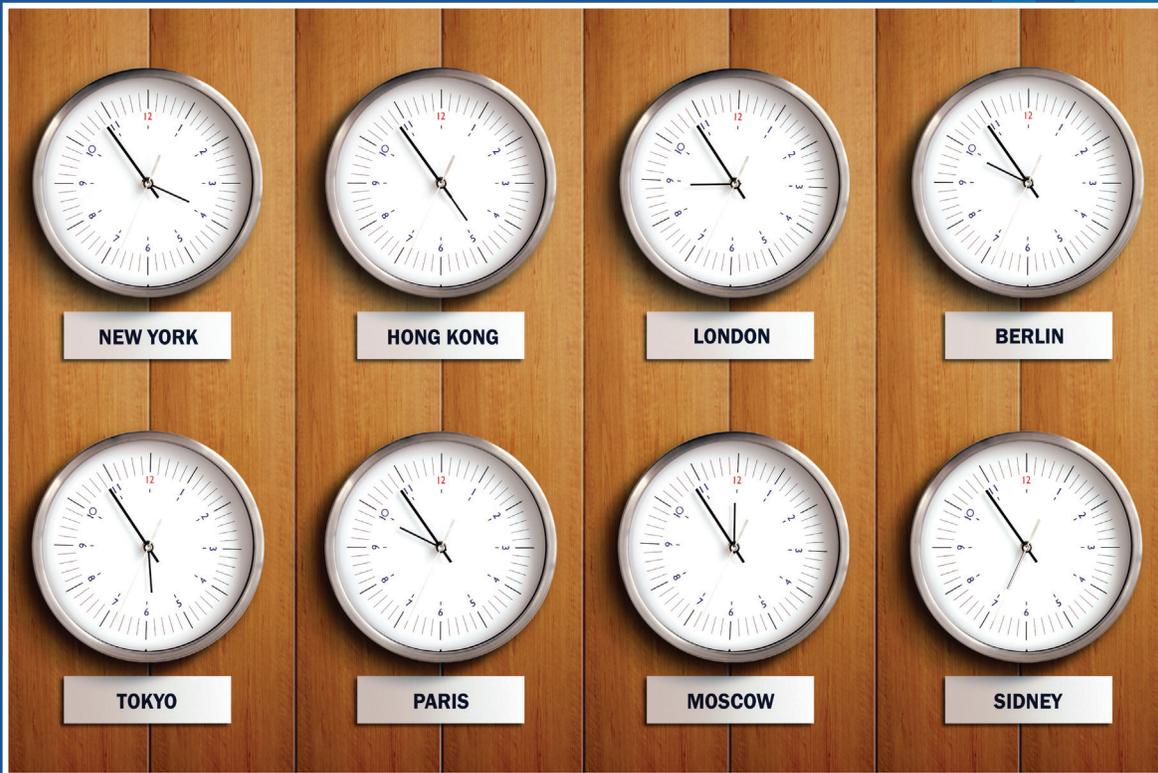
Incorporate these tips to benefit your sleep when traveling:

1. Travel with ear plugs and a mask so that you can block out noise and light if necessary at your hotel.
2. Keep naps to 45 minutes or less and avoid naps after 3 p.m. to ensure you are tired at night.
3. It takes about an hour for your body to wind down after exercise. Plan exercise so it doesn't interfere with your targeted bed time.
4. Avoid caffeine late in the day — caffeine can stay in your body for up to 8 hours and disrupt your sleep.
5. Moderate alcohol and avoid alcoholic drinks near bedtime – alcohol robs you of deep sleep and can awaken you in the middle of the night when its effects have worn off.
6. Avoid large meals and beverages late at night. A large meal can cause indigestion, and fluids can cause awakening to urinate.



7. Turn devices off at least 30 minutes before going to bed. The screen light from your electronic device interferes with your brain's production of melatonin, which helps you regulate your sleep cycle.
8. When going to sleep, set phone away from bed and place on the "Do Not Disturb" setting so that emails, texts, and phone calls do not disrupt your sleep.
9. Make a "To-do" list before bed so you can go to sleep with a clear mind.
10. Try to set a regular bedtime for the duration of your trip so that your body is mentally, emotionally, and physically prepared for the work day.
11. Follow the same rituals you do before bed in your hotel room as you do at home.
12. Create a good sleeping environment in your hotel room: close the blinds, make sure the temperature is not too hot, and request extra pillows or blankets if necessary.





ADJUSTING TO DIFFERENT TIME ZONES



Follow the tips below to minimize jet lag:

- Anticipate the time change for trips by getting up and going to bed earlier several days prior to an eastward trip and later for a westward trip.
- When possible, select a flight that allows for a late afternoon to early evening arrival so that once you arrive you can eat a healthy dinner and go to bed.
- Upon boarding the plane, change your watch to the destination time zone.
- Minimize alcohol and caffeine as they are both stimulants and will keep you awake.
- Bring ear plugs and a mask to help dampen noise and block out unwanted light while sleeping on the plane.
- Upon arrival, get outside in the sunlight whenever possible during your trip. Natural light helps regulate the body's time clock.
- Once you have arrived, have meals and go to sleep based on the new time zone to help your body adjust faster.



STRESS MANAGEMENT WHEN ON BUSINESS TRAVEL

Follow these stress management tips:

- 1** Pack a flash drive with important documents or use Google Drive or Dropbox to easily store documents that you can access on your mobile device, laptop, or tablet.
- 2** Start fresh each morning on a positive note – waking early to take a walk, have a workout, or meditate.
- 3** Create a “To-do” list each morning that prioritizes key tasks. Revisit “To-do” list at the end of the day to stay on task with business objectives.
- 4** Take mid-day stress breaks to recharge your mind:
 - Get outside for some fresh air and a change of scenery.
 - Find a quiet place for deep breathing or meditation.
- 5** Fit exercise into your day:
 - Cardiovascular exercise produces endorphins and reduces levels of the body’s stress hormones.
 - Yoga is a form of exercise that leaves you feeling relaxed and refreshed.
- 6** Stay connected with your family and work group back home by scheduling regular calls.
- 7** Plan “fun time” into your business trip by looking up plays, museums, or tours prior to your trip.



Travel Well

Close

We hope you have enjoyed the Virtual Self-guided Wellness Exhibit **Travel Well**. Additionally, we hope that you learned more about how to manage stress, eat well, stay physically active, and sleep well while you are traveling. You are now ready for the **Travel Well Challenge** to put these practices into daily living when you travel.