

Travel Well

Wellness On The Go Challenge

SLEEP WELL

Quality and quantity sleep keeps your body and mind functioning well when traveling.

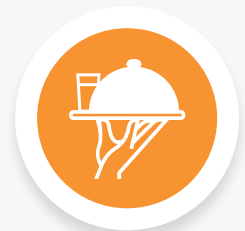
- Travel with ear plugs and a mask
- Adjust watch to destination time zone when leaving
- Get outside whenever possible to help regulate body's time clock
- Avoid naps after 3:00 pm local time
- Avoid large meals, caffeine, and alcohol in evening
- Turn off devices at least 30 minutes before bedtime
- Follow your regular bedtime routine and get at least 8 hours of sleep



CONSUME WELL

Eat balanced meals and snacks and consume water while traveling.

- Pack healthy snacks: whole grain crackers, raw nuts and seeds, raw vegetables, fresh or dried fruit
- Stop at a grocery store for a salad or sandwich
- Use the healthy plate model to balance your meals and practice portion control
- Bring a water bottle and refill it regularly, at restaurants order water and herbal tea to stay hydrated
- Choose unsweetened caffeinated beverages for an energy boost and moderate alcohol consumption



MANAGE STRESS

Stress management practices throughout your travel keeps you grounded.

Manage stress with advanced planning:

- Check weather and pack accordingly
- Plan an itinerary that keeps all travelers in mind
- Arrive at events on time by leaving 15 minutes early
- Schedule meetings and outings around traffic patterns
- Plan activities for down time

Take breaks to recharge:

- Listen to music
- Meditate or practice deep breathing exercises
- Get outside and take a walk midday



MOVE MORE

Incorporate physical activity when traveling by car or air and when at hotels.

- Take a quick walk and stretching break every 2 hours when driving
- Walk around the airport while waiting for departure
- Walk every hour when flying and stretch in your seat
- Stay at fitness friendly facilities
- Pack exercise shoes, clothes, and resistance bands
- Schedule time for cardiovascular, strength, flexibility, and balance exercise, and work towards getting 10,000 steps daily

Wellness On The Go Challenge



My Pledge

I pledge to try different strategies to help me manage wellness on the go. I am committed to eating and drinking well, incorporating physical activity, managing stress, and making quality and quantity sleep a priority so that I can Travel Well and Live Well.



How the Challenge Works:

Jot down some adjustments in these 4 areas that you are willing to try so that you can manage Wellness On The Go.



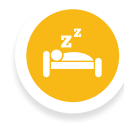
Consume Well



Move More



Manage Stress



Sleep Well

| | | | |
|----------|----------|----------|----------|
| 1. _____ | 1. _____ | 1. _____ | 1. _____ |
| 2. _____ | 2. _____ | 2. _____ | 2. _____ |
| 3. _____ | 3. _____ | 3. _____ | 3. _____ |
| 4. _____ | 4. _____ | 4. _____ | 4. _____ |
| 5. _____ | 5. _____ | 5. _____ | 5. _____ |

Record your Travel Well activities:

Use a **check mark in the color-coded boxes** to record the days that you incorporated Consume Well, Move More, Manage Stress, and Sleep Well techniques while traveling to help you Travel Well and Live Well. Use a **star** to record the days you traveled well.

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| WEEK 1 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| WEEK 2 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| WEEK 3 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| WEEK 4 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |