



# 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?

---

---