



How To Stay Healthy While Travelling

There's nothing more annoying than returning home from a business trip abroad, or a holiday, and spending the next few days in bed feeling unbelievably ill.

I've got some **tips** to help you avoid bringing unpleasant souvenirs home with you after travelling – good advice for **staying healthy while travelling**.

Boost your immune system before you leave!

This will help your body fight off any contagious nasties you might pick up on your travels... Ever returned home from holiday with a cold?

Kick your Vitamin C intake up a level or two and make sure you're getting your five-a-day of fruit and vegetables.

Stay active as much as possible.

This might seem difficult as travel generally involves a lot of sitting (on a plane, in a car), but because **exercise** helps fuel your immune system, releases endorphins, and keeps you alert, it's important that you don't let your **exercise routine** slide any more than strictly necessary.

Adapt your exercise routine to suit your travel.

If you feel you'll miss working out in a gym, find a hotel that has a fitness centre.

If you're on holiday, you could take a bicycle tour, go horseback riding, or hiking – these fun forms of exercise will help you feel great, without needing to step foot in a gym!

Pack your own snacks:

- Raw almonds
- Mix nuts and seeds
- Berries
- Dark chocolate
- Homemade energy balls
- Healthy begged veggie based snacks
- Gluten free crackers

Eat regularly.

Eating every two to three hours keeps your metabolism up and your sugar levels stable – which means you'll have energy and feel good.

Also eat a good meal before you depart.

A good breakfast or lunch before you step on the plane (supplemented with great bring-your-own snacks) will keep your body fuelled.

Eat wholesome food that makes you feel good.

If you have an eating plan/diet/dietary restrictions, you might find it difficult to stick to rules when you're stuck in an airport, airplane or hotel...

Hotels with kitchenettes

- **Don't skip meals.** It's tempting to do so when you're travelling – you're too busy sightseeing and having a good time to worry about food, but eating at regular intervals will help prevent a serious pig-out when you finally realize exactly how hungry you are. Plan your food prospects in advance.
- Try to scope out shops near your hotel that sell fresh fruit and veg – choosing a hotel with a kitchenette means you'll have somewhere to prepare some basic, healthy dishes for yourself.
- If you choose a hotel with a kitchenette, you'll have a fridge to keep some fresh fruit and vegetables – which will make it easier for you to avoid unhealthy take-outs when you're hungry.

Keep clean

- **Wash your hands as often as possible**, keep your nails clean and short, and avoid touching your eyes, nose, and mouth.
- Waterless hand sanitizers can be helpful for when you can't get to the bathroom. Carry hand sanitizer and disinfectant wipes with you. Use them. You never know what germs are lurking on airplanes and in airports – washing your hands is a good way to stop those bugs from taking up residence inside you.
- Since they target bacteria, not viruses, don't replace hand-washing entirely with hand-sanitizing. This will help prevent contagious nasties carried by other travellers affecting you and making you sick. **Stay informed about compulsory immunizations.** If you need certain injections before travelling to a foreign country, make sure you get them in time. Consult a doctor or a travel clinic, as some immunisations need to be administered over a few weeks in order to be effective.
- **Avoid tap water when in developing countries.** This means you can't have the ice, or order water by the glass in restaurants, or in mixed drinks. You can't even use it to brush your teeth – this water may be contaminated with parasites or even the virus that causes hepatitis. Rather don't take a chance – drink bottled water – even a small amount of infected water can make you ill.

Bottled HPP juice

Bottled High Pressure Processed (HPP) juices are absolutely fantastic for traveling. They are pasteurized using pressure, not heat, and have a longer shelf life. They're becoming easier to find, and in many cases you can find them beyond security check points in the airport.

Boxed electrolyte-beverages

Traveling (especially air travel) can be dehydrating. I like using unflavored coconut or maple water, which contain electrolytes to aid hydration. Coconut water is a rich source of the electrolyte potassium, and maple water is a source of magnesium, key for restful sleep and muscle relaxation. Both are low in calories, but **be sure to buy unsweetened/unflavored varieties.**

Sleep, exercise, repeat

Sleep when you can and make sure to get at least 6-7 hours in. If you can't sleep, at least make sure you're getting some rest and giving your body a chance to recuperate. Being sufficiently rested will help you cope with the stresses of travel.

If you're on the plane, you can perform these exercises every half hour to keep the blood flowing and prevent stiffness and blood clots:

- Raise your shoulders and rotate front to back, then back to front;
- Drop your chin to your chest, nod up and down and side to side, pointing your chin to one shoulder, then the other;
- Clasp your fingers together, palms facing inward, and then stretch your arms out straight in front of you, palms facing out;
- With your heels on the floor, pull your toes up as far as possible. Hold for a few seconds, then release. Repeat;
- Lift one foot slightly off the floor and make small circular motions in each direction with your foot. Repeat with the both feet;
- Lift one heel as high as possible while keeping your toes on the floor. Hold for a few seconds, then release. Repeat with the other foot.

Check List

- **Get prepared**
- **Hydrate, Hydrate, Hydrate** (avoid alcohol during flights to reduce your body's toxic burden)
- **Dress for comfort** (do wear clothes that you're comfortable in and have a little give/extra room, including shoes. Despite your best efforts, you'll inevitably bloat a little on the plane. I'd also suggest dressing in layers so you can take off or add on as needed, planes get cold)
- **When it comes to makeup, less is more** (ditch the foundation and swap it for a hydrating cream or tinted moisturizer. Same goes for lips and hand: regularly apply a hydrating balm, cream or oil throughout the flight. For a fresh, bright-eyed appearance, bring eye drops with you. Eyes tend to feel dry, gritty and sore after a long flight. Popping in some drops really makes a difference to how your peepers look and feel!)
- **Bring your tools** (shaker bottle, bamboo travel utensils, shake packets)
- **A few supplements** (vitamin C, high quality multivitamin, activated charcoal, probiotics. Taking an herbal supplement that supports immune health such as echinacea before you get on the plane)
- **Travel with a portable personal air purifier** (the air quality in commercial aircraft is a real problem, exposure to ozone levels, inadequate oxygen pressure and air contaminated with traces of engine oil, hydraulic fluid, de-icing solutions and even pesticides (sprayed on international flights). Check with the flight crew before using any portable electronic device while in flight)
- **Get your snacks**
- **Take care** - self care is a **MUST** especially if you're changing time zones, your internal clock will need a little help to get you back on track. For skin care use products that combine antioxidants and hydrating ingredients. Throughout the flight, I suggest spritzing the skin with a cooling, refreshing mist of your choice. It really does make you feel perky and refreshed while helping add moisture to the skin. After you land reset your body clock by eating and sleeping according to local time, which might mean skipping a meal or delaying it.
- **Move your body** (get the circulation going to help avoid the risk of a deep vein thrombosis)
- **Do your best** 😊