

Travel Time Tips



Taking a family vacation is a healthy part of life. Commit to making the most of your time off with your family. There are a number of precautions you should take to minimize poor health choices when traveling for long periods of time.

- ☀ Refrain from eating large meals prior to and during your drive or flight. You won't be moving much, and your body will have difficulty processing all that food.
- ☀ Reduce your sodium intake. This will help prevent you from retaining water and becoming dehydrated.
- ☀ Remember to get up and move around periodically to stretch and get your blood circulating.
- ☀ Avoid drinking caffeinated beverages before your flight and drink plenty of water instead. Aircraft cabin relative humidity is usually below 20 percent, which makes for a very dry environment.
- ☀ Pack plenty of healthy fresh snacks and eat smaller portions more frequently.

