

As many of us prepare for our summer vacations, use the below tips to stay healthy while traveling!

Written by Roger Wellington, a Contributor at the Huff Post, the below tips are effective and easy to apply:

Sleep, Sleep, and Sleep

The most important thing you can do while traveling is sleep. Your body needs rest when you're physically traveling, crossing time zones, carrying luggage to and from destinations, walking all day, and so forth. Traveling is harsh on your body so make sure you get plenty of rest. How much is enough? Listen to your body. After a long walk, I sleep for a few hours and allow my body to rest before the next one.

Stretch it out!

Have a full day ahead? Dedicate at least 5-10 minutes every morning to stretch before you start your day of adventure. Stretch your arms, legs, neck, shoulders, and back – you'll feel so refreshed. It's easy to sneak in simple neck and shoulder stretches throughout the day while you're waiting for your food, the bathroom, transportation, etc. I also stretch right before bedtime because it relaxes my muscles and gives me a better night sleep.

Walk everywhere

Get your daily exercise and truly learn about a place at the same time. The train station is 1.5 miles away? How about walking there instead of hopping on metro? Skip the elevator or escalator and walk the stairs instead!

Order veggies, cut the meat

Eat veggies when you can! Pick healthier options when dining out. Choose a vegetarian dish or add a salad to balance your meal. You can also buy your own veggies or ready-made salad from the grocery store.

Take your vitamins

It can be difficult to eat a healthy balanced meal with all the essential vitamins when traveling so take your daily multi-vitamins to supplement your meals.

Protect your skin

Protect your skin from being outdoors by wearing sunscreen with minimum SPF 15. Reapply every two hours if you can. If you're visiting an area with a large population of mosquitoes and insects, be sure to wear insect repellent to prevent bites.

To read the full article, visit: [16 Tips to Stay Healthy While Traveling](#)

Water & Nutrition

Getting enough water every day is important for your health. Healthy people meet their fluid needs by drinking when thirsty and drinking with meals. Most of your fluid needs are met through the water and beverages you drink. However, you can get some fluids through the foods that you eat. For example, broth soups and foods with high water content such as celery, tomatoes, or melons can contribute to fluid intake.

Water helps your body:

- Keep your temperature normal
- Lubricate and cushion joints
- Protect your spinal cord and other sensitive tissues
- Get rid of wastes through urination, perspiration, and bowel movements

Your body needs more water when you are:

- In hot climates
- More physically active
- Running a fever
- Having diarrhea or vomiting

If you think you are not getting enough water, these tips may help:

- Carry a water bottle for easy access when you are at work or running errands.
- Freeze some freezer safe water bottles. Take one with you for ice-cold water all day long.
- Choose water instead of sugar-sweetened beverages. This can also help with weight management. Substituting water for one 20-ounce sugar sweetened soda will save you about 240 calories. For example, during the school day students should have access to drinking water, giving them a healthy alternative to sugar-sweetened beverages.
- Choose water when eating out. Generally, you will save money and reduce calories. Add a wedge of lime or lemon to your water. This can help improve the taste and help you drink more water than you usually do.