



Sarah

# Healthy Tips For Traveling

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# Pillars of Health



**MOVEMENT**



**NUTRITION**



**REST AND  
RECOVERY**



**MINDFUL  
LIFESTYLE**



**HEALTH  
CHECKS**

# What would you like to learn?

- ▶ Do you travel for work?
- ▶ Do you have vacations planned?

# What are challenges you face?

- ▶ Overnight trips
- ▶ Hotel & fast food
- ▶ No exercise
- ▶ Less sleep
- ▶ Stress
- ▶ Result...weight gain, less energy, diminished health

**Do you ever feel frustrated?**

**Difference between the  
values you embrace and the  
life you live**

**=**

**The frustration you  
experience**

# 1. Prepare

- ▶ Do some research before your travel
  - Is there a fitness center?
  - Are there outdoor activities you can do?
  - Are you visiting customers? If so, also schedule time to exercise
  - Where can you buy healthy meals/snacks?
  - Download the app Food Tripping

## 2. Transportation Tips

### ▶ Flying

- Hydrate, hydrate, hydrate...with water
- Cabin pressure & low humidity cause dehydration
  - Avoid alcohol, coffee, tea
  - Don't overeat on a plane or before flight
  - Avoid high fat foods before flight
  - BYO foods
- A good rule of thumb is to drink 8 ounces of water every hour of the flight

## 2. Transportation Tips

### ► Flying

- Move or stretch 3-4 minutes every hour
- Walk down the aisle or perform in-seat exercises
- Ankle circles, foot pumps, knee lifts, head circles, forward bend, shoulder circles
- Keep circulation moving





## 2. Transportation Tips

### ▶ Car Travel

- Pull over at least every three hours. Your eyes and your body need to rest and stretch.
- Stretch and walk
- Don't over-caffeinate. Alternate with water
- Avoid high-sugar foods – they give you a rush and then you “crash”
- Pack your food and snacks ahead of time

## 3. Eat Wise

- ▶ Plan in advance so that you make good choices
- ▶ Pack water and snacks
- ▶ Read food labels so you can make healthier choices

## 3. Eat Wise

- ▶ Complaint #1 = weight gain
  - 3500 calories = 1 pound
  - +500 calories per day = 1 pound per week
  - 500 calories
    - Starbucks drinks with whole milk, muffins, scones
    - McDonald's medium shake, french fries

## 3. Eat Wise

- ▶ Start right with breakfast!
  - Kick-start your metabolism to keep you satisfied
    - Omelet with veggies
    - Oatmeal and fruit
    - Yogurt and nuts
    - Protein shake
    - Fruit, toast and peanut butter

## 3. Eat Wise

- ▶ When eating out look for:
  - grilled items
  - plenty of greens
  - sauce on the side
  - “steamed” “roasted” “baked”



- ▶ Put your fork down between every bite of food.
- ▶ If you must drink alcohol, do so in moderation. Have a glass of water with every alcoholic drink.

# Guess The Calories



**530 calories**

Starbucks Venti Vanilla Frap w/whip



**440 calories**

McDonald's Bacon Ranch Side Salad with Chicken



**750 calories**

Applebee's Apple Walnut Chicken Salad



**470 calories**

Dunkin' Donuts Blueberry Muffin



**EAT THIS!**

Egg White Delight

|                      |        |
|----------------------|--------|
| <b>Calories</b>      | 250    |
| <b>Fat</b>           | 8 G    |
| <b>Saturated Fat</b> | 3 G    |
| <b>Sodium</b>        | 770 MG |
| <b>Carbs</b>         | 30 G   |
| <b>Fiber</b>         | 4 G    |
| <b>Sugar</b>         | 3 G    |
| <b>Protein</b>       | 18 G   |



**NOT THAT!**

Big Breakfast with Hotcakes  
(and a Large Size Biscuit)

|                      |          |
|----------------------|----------|
| <b>Calories</b>      | 1,150    |
| <b>Fat</b>           | 60 G     |
| <b>Saturated Fat</b> | 20 G     |
| <b>Sodium</b>        | 2,260 MG |
| <b>Carbs</b>         | 116 G    |
| <b>Fiber</b>         | 7 G      |
| <b>Sugar</b>         | 17 G     |
| <b>Protein</b>       | 36 G     |





## DRINK THIS!

Iced Caffè Latte, 16 fl oz,  
grande, 2% milk

|                      |       |
|----------------------|-------|
| <b>Calories</b>      | 130   |
| <b>Fat</b>           | 4.5 G |
| <b>Saturated Fat</b> | 2.5 G |
| <b>Trans Fat</b>     | 0 G   |
| <b>Carbs</b>         | 13 G  |
| <b>Sugar</b>         | 11 G  |
| <b>Protein</b>       | 8 G   |



## NOT THAT!

Caramel Ribbon Crunch  
Frappuccino with Whip, 24 fl  
oz, Venti, whole milk

|                      |       |
|----------------------|-------|
| <b>Calories</b>      | 600   |
| <b>Fat</b>           | 20 G  |
| <b>Saturated Fat</b> | 12 G  |
| <b>Trans Fat</b>     | 0.5 G |
| <b>Carbs</b>         | 101 G |
| <b>Sugar</b>         | 99 G  |
| <b>Protein</b>       | 6 G   |



## EAT THIS!

Footlong Veggie Delite on 9-Grain Wheat bread

|                      |      |
|----------------------|------|
| <b>Calories</b>      | 460  |
| <b>Fat</b>           | 5 G  |
| <b>Saturated Fat</b> | 1 G  |
| <b>Trans Fat</b>     | 0 G  |
| <b>Carbs</b>         | 88 G |
| <b>Protein</b>       | 16 G |



## NOT THAT!

Footlong Chicken & Bacon Ranch Melt on Italian Herbs & Cheese bread

|                      |       |
|----------------------|-------|
| <b>Calories</b>      | 1,220 |
| <b>Fat</b>           | 62 G  |
| <b>Saturated Fat</b> | 21 G  |
| <b>Trans Fat</b>     | 1 G   |
| <b>Carbs</b>         | 94 G  |
| <b>Protein</b>       | 72 G  |

## 4. Avoid The Germs!

- ▶ Wash your hands
- ▶ Know your health insurance carrier & keep your ID card with you at all times.
- ▶ IBC – BlueCard Worldwide (find doctors outside the US)
- ▶ CVS MinuteClinics, Walgreens Take Care Clinics, Rite Aid

## 4. Avoid The Germs!

- ▶ Travel health kit
  - Meds
    - Antidiarrheal, antihistamine, decongestant, motion sickness, ibuprofen, cough med, antacid, antibacterial ointment
  - Insect repellent
  - Sunscreen
  - Antibacterial hand wipes
  - First aid supplies
    - Band-aids, gauze, ace bandage, tweezers, moleskin, aloe gel

## 5. Exercise

- ▶ What are some barriers?
- ▶ What are some solutions?

***Good time management  
doesn't mean you do more,  
it means you do more of  
what matters most***

## 5. Exercise

- ▶ Barriers
  - “I don’t have time.”
  - “I’m in the car/airport all day.”
  - “The hotel doesn’t have a gym.”
- ▶ You have to commit to doing it and want to do it. Repetition creates habit.

# 5. Exercise

- ▶ Barrier - “I don’t have time.”
  - Plan & schedule your workouts at set times
  - Make time
  - Get up earlier & get it over with first thing in the morning



## 5. Exercise

- ▶ Barrier – “I’m in the car/airport all day.”
  - Rest stops – take brisk walks; stretch; lunges
  - Airports – take brisk walks; stretch; yoga; pushups; wall sits
  - Bottom line...move your body any chance you get

## 5. Exercise

- ▶ Barrier – “The hotel doesn’t have a gym.”
  - Create your own workout, commit to it and do it.
  - Get up early
  - Clear some space in your room & use the floor

## 5. Exercise

- ▶ Sample Hotel Room Workout (Segment 1)
  - 1 minute / 30 seconds / 15 seconds
  - Jump rope in place
  - Jumping Jacks
  - Squat in place
  - Pushups
  - Crunches
  - Plank
  - ~ 10 minute warm-up

## 5. Exercise

- ▶ Hotel Room Workout (Segment 2)
  - 20 Lunges
  - 20 Bicep Curls (tube)
  - 20 Dips (side of bed or floor)
  - 20 Crunches with alternating knees
  - Repeat 3 times; work your way up to 50 reps+

## 5. Exercise

- ▶ Repeat Segment 1 (10 minutes)
- ▶ Finish with yoga stretch – sun salutation

***30 minutes - done!***

# 5. Exercise

## ▶ Apps

- Nike+ Training
- Workout Trainer
- FitStar
- Strava Running & Cycling

# Staying Healthy on the Road

- ▶ What can you do better to be healthy on the road?
  - Create a goal!

