

Tips for Healthier Travel

Across the country, Americans are getting ready for the summer travel season. According to an [AAA Travel survey](#), four in 10 U.S. adults are planning to take a family vacation this year. Here are tips to keep your healthy habits going during a trip.

Road Trip Tips

- Pack a cooler with healthier drinks and snacks to fuel you on the road. Try bottled water, sparkling water, low-fat string cheese and yogurt tubes, sliced apples and frozen grapes.
- Take stretch breaks. Remember, any movement does a body good!
- If grabbing fast food, order a grilled option. Avoid upgrading to bigger portions.

Air Travel Tips

- Walk the terminals during layovers or before boarding.
- Bring a refillable water bottle that you can fill at the airport.
- Pack healthy snacks in your carry-on. Apples, bananas, oranges, dried fruit, unsalted nuts, turkey jerky and nut butters are good options.
- Catch up on some sleep while flying to your destination.
- Order water, sparkling water or 100% fruit juice while in-flight. Try to avoid alcohol, sodas and coffee. The caffeine can dehydrate you.
- Aim to get up and stretch your legs and arms at least once an hour.

No matter where you're going or how you get there, fully unplug. Take a well-deserved break from work. You'll be amazed at how your mind, body and spirit will benefit!



If you never go,
you will never
know.

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Healthy Travel Habits in Action

Show us how you practice healthier travel habits by sending your photo(s) to wfht.tn@tn.gov or to your Regional Wellness Coordinator.

To help your department's Wellness Council earn wellness points this quarter, please be sure to include your department's name in your email.