



# Tri Fit's Healthy Habits

## June's Goal **Travel Health**

Whether you are planning an extended vacation, a weekend getaway or you travel for business, these tips will keep you healthy on-the-go.

Share your best healthy travel tips on social media at  
***#TriFitTravelHealth***

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## Travel Tips-To-Go

Whether you are planning an extended vacation, a weekend getaway or you travel for business, these tips will keep you healthy on the go. Share your tips on social media at **#TriFitTravelHealth**

**Plan ahead-** Spend some time looking into the area you will be visiting, do a quick search for nearby grocery stores, or pharmacies where you can get healthy food items. Most hotel rooms have mini fridges, coffee makers and kettles to make healthy breakfasts and snacks, or are available upon request.

**Stock up on fluids-** Proper hydration is an important component of healthy travel and will help prevent headaches, dehydration, and fatigue. Carry a water bottle with you. If you're traveling by air fill it up at the airport, otherwise fill it before you leave and drink liberally.

**Say bon voyage to jet lag-**Traveling through different time zones takes a toll on your body. Here are some tips to better acclimatize:

- Simulate the time zone you are traveling towards a few days before you travel. Start to eat at your destination meal times and stay up, or go to bed earlier depending on which direction you are travelling.
- Reset your clocks to your destination time zone as soon as you get on the plane.
- Stay hydrated throughout the flight, and eat sensibly. Try and avoid caffeine and alcohol as they can interfere with your sleep cycle.



<http://www.webmd.com/sleep-disorders/excessive-sleepiness-10/jet-lag-remedies?page=2>

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## Fitness-To-Go

Before you book, look for accommodations that include an onsite fitness centre or a pool. Call the hotel or go online to enquire about their fitness services. Some hotels offer fitness classes, have gear lending programs, or running groups. Alternately, choose one or more of the following options to help you keep active and healthy throughout your trip.

**Track your steps** - Pack a pedometer, download a tracking app on your smart phone, map out a walking route around your hotel, or pack an electronic activity tracking device. These tools are a great reminder to keep moving no matter where your travels take you. Many hotels provide area mapped walking/running routes with distances included.

**Perform a 10-20 minute workout** - Complete the following circuit as many times as you can in 5 minutes. Rest for 90 seconds and repeat 1 or 2 more times with a 90 second rest in-between. Start with a warm up, go for a brisk walk, take a quick walk through the halls or stair wells or march or jog on the spot to get the blood circulating and heart beating.



20 Mountain Climbers



20 Sumo Squats



20 Alternating Lunges



10 Plank ups

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**Move it on Planes, Trains, and Automobiles** - No matter how you travel, it's important to keep moving. Prolonged sitting puts travelers at risk for blood clots and deep vein thrombosis as well as causing uncomfortable gas build-up. Make a point to move every 30 minutes. If you're not able to walk around, try standing in place, marching on the spot or doing toe and heel raises. Stop the car periodically, get out and stretch. Don't forget the upper body; try shoulder rolls and neck flexion and extension.



Ankle Circles



Toe Raise



Heel Raise

- 1) **Ankle Circles:** Circle ankles clockwise, and then counter clockwise.
- 2) **Toe Raise/ Heel Raise:** Raise toes and hold, return both feet to the ground. Raise heels, return to the ground. Repeat each exercise for 30 seconds.



Knee Raise



Shoulder Rolls



Neck Roll

- 4) **Knee Raise:** lift knee towards your chest 20-30x and repeat.
- 5) **Shoulder Roll:** Roll shoulders up back and down in a circular motion. Repeat for 30 seconds.
- 6) **Neck Roll:** With shoulders relaxed drop ear to shoulder and roll chin from side to side. Repeat 5 times

<http://www.fitin15.ca/MyFitin15/Flexibility.aspx#Top>

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## Nutrition-To-Go

Eating nutritiously on the road can be a challenge. Although dining out is one of the pleasures of being on vacation, restaurant menus are often short on healthy choices. The following smart-eating tips will help you eat well most of the time and give you energy to enjoy your trip.

**Travel Snacks** - Stock up on healthy snacks for your trip. Look for options that combine whole grains, healthy fats and protein to help balance blood sugar and ward off hunger. Choose non-perishable items and pack in single serving baggies or containers. Remember that air travel carry-on food items must be dry.



### For air travel carry:

- Trail mix (nuts, seeds, dried fruit, unsweetened coconut)
- Travel sized (prepackaged) nut and seed butter
- Instant (plain) oatmeal packets
- Single serve protein shakes - Just add water
- Fruit and nut bars
- Rice cakes
- Roasted chick peas

### For land travel carry the above as well as:

- Fresh fruit
- Pre-cut vegetables
- Prepackaged cheese portions
- Edamame
- Hard boiled eggs
- Bean dips

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**In Flight Meals** – While not known for great cuisine, many airlines do carry healthy in-flight eating options. Although you can pack your own healthy snacks for short flights, for longer trips use the following tips to help you make healthy menu choices at 30,000 feet.



- **Combine healthy proteins, carbs and fats** - fruit, whole grain crackers and cheese is often an available option.
- **Look for dishes with whole grains, fruits and vegetables** - the high fiber content will fill you up but avoid gas-producing cruciferous vegetables such as cauliflower, broccoli and Brussels sprouts.
- **Choose the meal with the least sauce** - sauces in airline food often have a higher sugar and salt content, as extra is added to make up for the decrease in the sensitivity of our taste buds at higher altitudes.
- **Choose the in-flight meal with carbs on the side** - lasagnas, rice stir fry's and pasta dishes are often heavy on carbohydrates, and contain less protein and vegetables, leaving you feeling hungrier sooner.
- **Lay off the wine and spirits** - although 1 alcoholic drink is probably alright, more can lead to dehydration and behavioral changes. Always drink lots of water to counteract the dryness of the airline cabin.
- **Ask your flight attendant for alternatives** - if you aren't happy with the snack or meal selection, ask for a substitute. There are often alternatives on board, including extras from the business class menu.

Sources: <http://www.qantas.com.au/travel/airlines/your-health-inflight/global/en>;  
<http://www.bbc.com/future/story/20150112-why-in-flight-food-tastes-weird>