

Healthy Traveling

Maintaining a healthy lifestyle while traveling can be a challenge. Whether you are flying, driving or staying in a hotel or with relatives, plan ahead so you can maintain your wholesome lifestyle.

Air Travel

- Bring healthy foods for the flight, such as fresh fruit, low-fat yogurt and granola
- If the flight permits it, walk up and down the aisle to keep your body moving and to prevent you from snacking the entire flight

Hotel

- Ask the hotel concierge about local healthy restaurants
- If you order room service, choose carefully from the menu
- Stay away from the expensive and high-calorie products in the hotel room minibar
- Stick to your daily exercise plan and try out the hotel fitness center

New City or Country

- Do an online search while making reservations to see if there are special places of interest that support being active
- Explore the unfamiliar destination on foot

Road Trip

- If you must stop at a fast food restaurant, choose the healthiest menu option
- Pack a cooler with your favorite low-calorie foods for the road
- Take plenty of breaks at parks and rest stops to stretch your legs

Theme Park

- Pack a bag of healthy snacks to store in a locker at the park or bring a cooler backpack along with you
- Since you will be doing a lot of walking, make sure you dress appropriately in supportive shoes, cool clothes, a hat and with lots of sunscreen — and don't forget your water bottle to stay hydrated
- Stick to your healthy eating plan and locate the restaurants in the park that serve fruits, vegetables, seafood and poultry

Visiting Relatives

- Offer to prepare a healthy meal for the entire family

Take a walk while you catch up with relatives rather than sitting on the couch and eating