WELLNESS NEWSLETTER

HEALTHY TIPS FOR ALL YOUR TRIPS

YOUR GUIDE TO SAFE & HEALTHY TRAVEL

Every year millions of Americans travel for vacation, business, volunteerism, or to visit friends and family.

While we look forward to arriving at our destination, we often dread the hassle and time it takes to get there. The information in this newsletter will help you be ready for fun and adventure when you arrive!

BE MINDFUL OF FOOD CHOICES

Roadside stands and market kiosks are very tempting, but be cautious. Cooked foods are usually safe, but raw foods (lettuce, vegetables, unpeeled fruit, unpasteurized milk, milk products, undercooked seafood or meat) may have been out for a while and could lead to gastrointestinal problems. *Look for expiration dates and choose the freshest items.*

On a time crunch and can't stop to eat at a restaurant? No problem! Try packing these snacks, or grab these items at a quick stop along your route:

- Protein/Granola Bars
- Low Fat Protein Shakes
- Fresh/Dried Fruit
- Mixed Nuts
- Low Sodium Beef Jerky
- Deli Wraps

PROPER POSTURE WHILE DRIVING

✓ Sit up tall against the seat back.

✓ Adjust the seat length to allow a few inches between the front of the seat and the back of the upper calf.

✓ Adjust the back rest up or down to your comfort level. It should be placed firm against your back and tilted slightly backwards for better comfort.

✓ Adjust your hips so that they are level and square.

✓ Set your shoulders by rolling them back and down.

✓ After adjusting for good posture, place your hands on the steering wheel at 3 and 9 o'clock.

Coach's Quick Take

Before You Go...
No one wants to think about getting sick or hurt during a trip, but sometimes these things happen. You may not be able to prevent every illness, injury, or mishap, but having a plan helps.

Pack Smart...
✓ Make copies of your travel documents.
✓ Keep your insurance card handy.
✓ Equip a GPS or purchase the most current and accurate road map.

ARE YOU PREPARED FOR INTERNATIONAL TRAVEL?

- Have medical and dental check-ups before your trip.

- Consult with your health insurance provider about your international coverage in case you need medical attention while you are abroad.

- Pack at least two extra weeks of medications. Wear a medical information bracelet if necessary.

- Pack a first aid kit with adhesive bandages, tweezers, nail clippers, thermometer, skin care supplies, prescriptions, and OTC medications (for headaches and muscle pain, cold/cough, allergies, and upset stomach). If you have an EpiPen, carry it with you at all times!

DO YOU HAVE THE REQUIRED VACCINATIONS?

Meet with your doctor at least 6 weeks before you leave to review your travel plans and required vaccinations such as:

- Hepatitis A and B
- Influenza (the flu)
- Japanese encephalitis
- Measles-mumps-rubella
- Meningococcal meningitis
- Pneumococcal
- Polio
- Rabies
- Tetanus and diphtheria toxoids
- Typhoid fever
- Varicella (chickenpox)
- Yellow fever

BEAT JET LAG

Jet lag can be a problem for travelers who are crossing several time zones. Although it is not a serious medical condition, jet lag can make it hard for you to enjoy your vacation for the first few days. Here are a few steps you may take to minimize the effects of jet lag:

Before Travel: Exercise, eat a healthy diet, and get at least 7-8 hours of sleep. If you are traveling west, start going to bed an hour or two later than usual. If you are traveling east, turn in earlier than usual. This will help to shift your body's circadian rhythm.

During Travel: Avoid large meals, alcohol, and caffeine. Drink plenty of water. On long flights, get up to stretch periodically and enjoy the opportunity to sleep.

After You Arrive: Don't make any important decisions the first day. Eat meals on local time and spend most of your time outside. Drink plenty of water and avoid excess alcohol or caffeine. If you are drowsy during the day, take short naps (20–30 minutes) so you can sleep at night.

Resources: www.cdc.gov; travel.state.gov   For More Information visit www.WellnessCoachesUSA.com