

# 16 Health & Fitness Tips

## A CHECKLIST FOR THE BUSINESS TRAVELER

### PRE-TRIP

#### #1 BE PREPARED

- ☐ Part of the art of packing includes bringing pieces of home that will help you maintain routines and habits that you enjoy.

#### #2 MAKE YOUR PLANS

- ☐ The stress of traveling can take a large toll on your physical, mental, and emotional health, so make sure your travel plans are solid.

#### #3 SLEEP WELL

- ☐ If you're traveling early in the morning, get to bed earlier the night before. While on the road, take extra care to create a relaxing bed time experience.

### IN-FLIGHT

#### #4 FIRST THINGS FIRST

- ☐ As soon as you get to your seat, wipe down your area with a wet-wipe.

#### #5 HYDRATION NATION

- ☐ Flying is known to make your skin dry and dehydrate your body. Bring a large reusable water bottle to fill-up post security.

#### #6 CHOOSE COMFORT

- ☐ Get yourself a good neck pillow and get comfy on board. For longer flight, wear compression socks.

#### #7 SNACKS & DIGESTION

- ☐ Bring a few small, easy to digest snacks - think fruit, cooked veggies, nuts, & seeds.

#### #8 ADOPT HOLISTIC WELLNESS HACKS

- ☐ Use lavender essential oil and focus on your breathing to relax.

### HOTEL LIVING

#### #9 CREATE YOUR IDEAL ENVIRONMENT

- ☐ Unpack your things, get fresh sunlight in in the room, and spritz some spray or essential oils to create an ideal living space.

#### #10 GET MOVING

- ☐ Unless you really need to sleep, hit the gym or take a walk around the block to make you feel better and burn a few calories.

#### #11 MAKE YOUR OWN MINI BAR

- ☐ Hit the grocery store or bring snacks from home to keep your hotel and work bag full of healthy treats.

#### #12 KITCHEN-LESS MORNING COOKING HACKS

- ☐ If you're thinking about a quick meal to eat in your room, go with oatmeal. Add some nuts, seeds, or fruit for a healthy choice.

#### #13 MAKE SMART RESTAURANT CHOICES

- ☐ When choosing what to order, aim to fill up on nutritious options with plenty of vegetables, protein, complex carbs, and healthy fats.

### HOMeward BOUND

#### #14 REFLECT

- ☐ Think back on the trip and assess your healthy habits. Make note of what worked and what didn't work.

#### #15 LET GO OF THE WORK AT BAGGAGE CLAIM

- ☐ Make a conscious mental and energetic shift once you get back home.

#### #16 SHARE STORIES

- ☐ Include your loved ones in your life away from home by sharing stories about your travels.