Keep Your Wellness Goals Top of Mind While Traveling

Traveling is a great way to get out and explore new places! Below are tips to help you stay on track and not lose sight of your health and wellness goals while away from home.

Eat Healthy While Traveling

- Identify healthy choices at different restaurants and view the nutrition information at HealthyDiningFinder.com before going out to eat.
- Save calories by drinking water or unsweetened coffee or tea instead of regular soda and alcoholic beverages.
- Look for items on the menu that are baked, grilled, dry-sautéed, broiled, poached, or steamed. These cooking techniques use less fat and are generally lower in calories.
- Pack a cooler with plenty of healthy snacks. Include a protein and carbohydrate to both fill you up and give you a lot of energy. Examples include an apple with string cheese, banana or whole wheat crackers with natural peanut butter, veggies with hummus, or seeds/nuts, etc.

Stay Active While Traveling

- Pack resistance bands in your travel bag. This is a great way to get in a full body workout with minimal equipment.
- Rent a bike! Many cities offer bike sharing programs that allow you to explore the city for a minimal charge.
- Create a YP4H step challenge. Set a step goal each day and map out a plan to meet your goal.
- Find a museum, park or zoo to get extra steps in.
- Select a hotel with amenities like pools and gyms to help you stay active, or look for a hotel that is within walking distance of places you plan to visit.