

# Smart Strategies for Healthy Traveling

Keep these tips  
in mind the next  
time you are  
traveling, whether  
it is for business or  
pleasure.



## Tips for Flying

- Support your circulation by walking around the terminal as much as possible before departing, being one of the last people to board and wearing compression socks (especially on long flights).
- If possible, choose a window seat. Aisle seats increase your chances of picking up a virus.<sup>1</sup>



## Make Sleep a Priority

- It takes one day per time zone for your body to adjust, so planning ahead can help ease jet lag.<sup>2</sup>
- If you are not flying, bring your own pillow from home.
- Use a mask, ear plugs and a sound machine to reduce light and noise.



## Eat and Drink Well

- Drink bottled and/or purified water if the water at your destination is not safe to drink.
- Pack healthy snacks for both the trip and to have at your destination.
- Try to limit your “splurge” meals to every other day.



## Find Ways to Stay Active

- Sign up for a short-term bike rental service.
- Pack shoes and clothes that double as workout attire.
- Get a short-term pass for a local gym or class. Check out hiking trails, kayaking, pools, etc.

## Basic Safety Reminders

- ✓ If traveling abroad, visit a traveler’s clinic beforehand.
- ✓ Bring a small first-aid kit (Band-Aids, antibacterial ointment, pain relievers, etc.)
- ✓ Pack extra of the medications you take regularly.
- ✓ Prioritize your well-being to ensure that your trip is positive and memorable.