



## Healthy Holidays

### HOLIDAY TRAVEL

'Tis the Season



Many of us are heading home for the holidays. Want to keep your healthy living goals on track even when on the go? Here's a tip: If you can't pack your own healthy foods, plan to choose healthier options when sitting down for a meal on the road or in the terminal.



Find meals that are less than 700 calories.



## Travel Savvy & Stress Less

**Keep calm and carry on.** Peace and quiet are also musts to staying happy and healthy while traveling. Prepare games ahead of time. Travel with a deck of cards, a good book, splurge on some magazines, and bring a craft project. Make a scavenger hunt list ahead of time. Use your imagination!

**Put your smartphone to work for you.** And of course, there is an "app" for everything! If you have a smartphone, you can download apps like Restaurant Nutrition. It's free and you will have over a hundred fast food restaurants at your fingertips to look up nutrition information instantly.

**Stretch it out.** Don't forget to make a pit stop for stretching and exercise. There are several restaurants that offer an indoor play area for the kids. Bring a soccer ball or basketball to play with at a rest area, or take a few laps around the parking lot. Get in your steps by parking in a spot farther away, or by climbing the stairs instead of the elevator at the airport.

Brought to you by:



Healthy For Good™