

# TRAVELING?

# Take Your Health with You



## Here's how to stay on track with your health goals while you are away from home:

**Portable snacks** such as nuts, nut butters, seeds, popcorn, jerky, dried fruit, and vegetable chips will keep you from undoing your progress.

**Take necessary prescriptions and medication** with you and remember to use the original containers to get through airport security checkpoints smoothly.

**Bring sunscreen** just in case you find yourself outside longer than you anticipated.

**Insect repellent** will help reduce frustration and parasite risk if you're outdoors.

**Earplugs** are a great way to ensure you get a quiet night's rest.

**A refillable water** container saves you money and makes you less likely to purchase a soda or sugary juice.

**Tennis shoes** are necessary so you can walk, hike or run - activities you can do almost anywhere.

## YOUR WELLBEING ACTIVITY

### STAY HYDRATED

Stay hydrated on the go by bringing a reusable water bottle with you everywhere (or almost everywhere) that you go!