

# MAINTAINING YOUR PERSONAL HEALTH WHILE YOU TRAVEL



As someone who is always on the go, you know just how hard it can be to eat well, get in physical activity, and find time to relax. While traveling has its perks, such as traveling to new places, soaking in local culture, and trying new cuisine, there are some definite downsides, such as the inability to create and stick to a set schedule.

Thankfully there are ways to experience the world without putting your personal health on the backburner. Here are ways to take care of your health as a frequent traveler.

## **Don't Skip Travel Insurance**

While you may do everything you can to protect yourself during your travels, sometimes life gets the best of us. To protect yourself in the event that you fall ill or becoming injured while traveling, you'll want to purchase travel insurance. You can even cover multiple people under the same plan. For example, a group of Australian travelers can research [group travel insurance](#) from an Australian travel insurance company to provide coverage for everyone.

## **Wash Your Hands Often**

As a traveler, you spend most of your time in airports, airplanes, hotel rooms, and on public transportation. These places are some of the busiest and often the dirtiest that you'll encounter. You can expect to come into contact with all sorts of germs, bacteria, and viruses that can make you sick. No one likes to feel crappy when traveling!

Minimize the risk of falling ill by washing your hands often. As a backup, always have a travel hand sanitizer that you can bring with you. Taking vitamins and minerals such as vitamin C and zinc can also protect your health by boosting your immune system.

## **Eat Healthy Most of the Time**

As a traveler you know just how awesome it is to eat local cuisine. While no one goes on vacation while sticking to a strict diet, going overboard on the food can have negative effects on your health. A diet high in carbohydrates can make you feel sluggish. Not getting enough protein can cause a lack of energy.

As a rule of thumb, do your best to eat healthy most of the time. Ensure your meals offer plenty of lean protein, whole grains, vegetables, and fruit. If you stick to a wholesome diet for most of the week, you

can easily get away with enjoying a local dessert or a huge bowl of pasta.

### **Drink Plenty of Water**

As a traveler, you know all about jet lag. There's nothing worse than feeling sluggish after touching down in a new place. One of the best ways to minimize the side effects of jet lag is to stay hydrated. This means drinking plenty of water, at least 8 cups a day. While in the airport and on the plane, be sure to have a refillable water bottle handy. This way you always have access to water no matter where you are.

If you're traveling to an exotic location, be sure to ask about the safety of the water. Drinking purified tap water can lead to all sorts of health problems.

### **Pack Healthy Snacks**

You're bound to experience cravings and hunger pains during your travels. To prevent a trip to a vending machine or a local shop to pick up a bag of chips or cookies, pack healthy snacks to eat along your trip. Nuts, trail mix, dried fruit, and protein bars are ideal snacks to have handy in the case you find yourself hungry between meals. These snacks are also great to have with you on the plane to hold you over on a long flight.

### **Get Plenty of Sleep**

From time zone changes to late nights out on the town, as a traveler, you're likely to fall behind on the hours of sleep that you need. The problem with a lack of sleep is that your immune system is weakened. While you may have the intentions of catching some Zs on your next redeye flight, falling asleep isn't always the easiest thing to do.

To increase the amount of sleep you're able to get while on the go:

Bring a travel pillow with you on the plane  
Purchase a pair of noise-canceling headphones  
Choose a window seat  
Pad your schedule with time for naps

By getting the sleep you need, you'll have the energy to make it through every part of your daily itinerary.

### **Find Time to Relax**

With so much to do and so many new things to see and try, it's easy to become overwhelmed when traveling. Be sure to give yourself a few hours of relaxation and rejuvenation. Take a couple laps in the hotel pool or practice yoga in your hotel room.

### **Conclusion**

Traveling is best when you're in good health. Follow these tips to ensure that you're primed and ready to

take on the world.

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