

# MedBen

# WellCare

benefitness for you.

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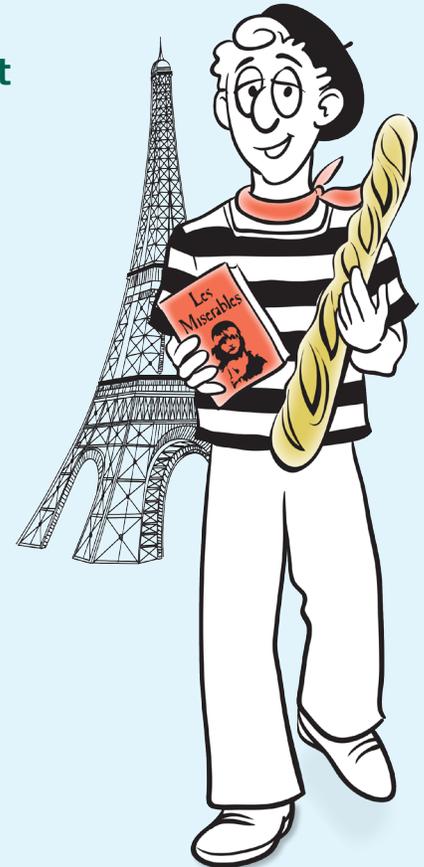
## Add “Healthy Habits” to Your Trip Packing List

Hoping to squeeze in a weekend getaway or even an extended vacation before the summer ends? By practicing the same healthy habits on the road that you do back in the “real world,” you’re likely to have a better time on your adventure.

Before you depart, schedule an appointment with your family physician to ensure that your immunizations are up to date, especially if you plan to travel abroad. And if you take prescription medications, be certain that you have enough on hand for the length of your trip.

Once you’ve reached your destination, do your best to stick to your regular exercise regimen. That’s not to say, however, that you can’t stir things up a bit: Instead of, say, simply opting for the treadmill in the hotel fitness area, enjoy a jog on the beach or take a brisk walk around the neighborhood to check out the scenery.

As for diet... well, while you’ll certainly want to sample some of the local cuisine, don’t use your vacation as an excuse to leave smart eating habits at home. So if you treat yourself to a high-calorie lunch, balance it with a salad for dinner. Along the same lines, don’t go overboard with the alcohol consumption – moderation remains the key, regardless of where your travels take you!



## A Memorable Journey Begins with Simple Steps

Basic preparation and a bit of common sense can make for a fun-filled, relaxing vacation!

- In addition to prescription medications, pack a basic first aid kit.
- Wash your hands often, especially before eating.
- Disconnect from work as much as possible... even turn off your cell phone (*gasp!*) if necessary.
- If you fly, avoid sodium-rich foods, caffeine and liquor. Instead, grab some fruit or unsalted nuts at the airport.
- Use sunblock, and wear a hat with a brim.
- Get plenty of rest, drink lots of water and avoid extreme heat or cold. Don’t overdo it!
- Instead of relying on public transportation, walk whenever you can.



SOURCES: Yahoo! Beauty, About.com, Huffington Post

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1975 Tamarack Rd. • Newark, OH 43055 • (800) 423-3151 • [www.medben.com](http://www.medben.com)