

Travel Smart: Tips for a Healthier Summer Getaway

From road trips to beach getaways, discover simple strategies to stay energized, eat well, and feel your best while enjoying your summer adventures.

Summer is one of the most popular times to travel – over **half** of U.S. adults (53%) plan to take a trip this season, from road trips to weekend getaways. While it's a great time to relax and recharge, changes in routine like long travel days, eating out more, and disrupted sleep can **take a toll** on your health. The good news? Staying healthy on the go doesn't require strict rules – just a bit of **mindful planning** with a few simple tips to help you feel your best along the way.

HEALTHY TRAVEL TIPS



Pack healthy snacks like fruit, nuts, or whole grain crackers to avoid impulse junk food buys.

Stretch and move during long trips. Get up on flights or take breaks on road trips to walk around.

Practice good hygiene, especially in high-traffic areas. Wash your hands frequently and carry hand sanitizer.

Stay hydrated, especially on planes or in hot weather – carry a refillable water bottle.

Stick to a sleep schedule as much as possible, and bring an eye mask or earplugs to help with rest.

Don't skip sunscreen and medications- bring all the health essentials you'd use at home.

SOURCE: CENTERS FOR DISEASE CONTROL AND PREVENTION, U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES, AMERICAN ACADEMY OF SLEEP MEDICINE, DELOITTE'S 2025 SUMMER TRAVEL SURVEY