Whether traveling for vacation or work, one point rings true: Healthy eating on the road is a challenge.

The tips below can help.

**Plan Ahead**
- Where and when you exercise
- When you plan to splurge on that piece of cake

**Pack a Snack**
- Before you head out, fill a baggie with healthy options
- Choose prepacked over unhealthy foods at airports, hotels and roadside stores

**Know Your Surroundings**
- Spend time on Google researching local restaurants
- If your hotel has a concierge, ask about healthy food choices nearby

**Keep Reminders**
- Be conscious of when you eat and your water intake
- Remind yourself to have a snack at designated times

**Treat Your Hotel Like Your Home**
- Stock your hotel room with healthy food and drink options
- Avoid the vending machines

Strive to make better-for-you food choices the majority of the time. You can do it!

Adapted from retrofitme.com
Find more health and well-being information at wespath.org/benefits.

Provided by Wespath Benefits and Investments

Wespath is providing information in this publication as an educational service to illustrate some practices that may have a positive impact on well-being. Wespath’s sharing of this general information should not be construed as, does not constitute, and should not be relied upon as medical advice nor legal, counseling, accounting, tax, or other professional advice or services on any specific matter.