



Wespath

BENEFITS | INVESTMENTS

Five Healthy Eating Tips While Traveling

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



Adapted from retrofitme.com

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

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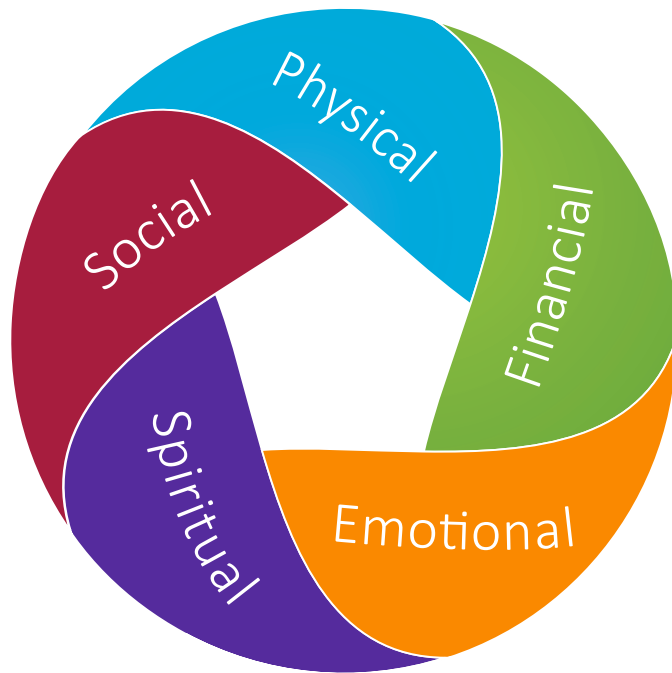
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DIMENSIONS

CONNECTING ELEMENTS OF WELL-BEING



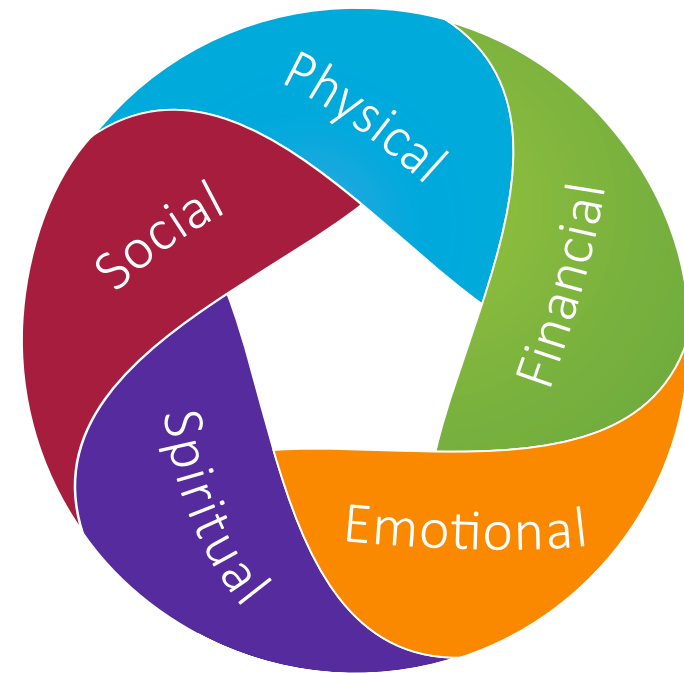
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