

## Top 3 Ways To Stay Healthy While Traveling



Active travel can be [both good and bad](#) for your overall health.

Staying healthy while traveling can be a challenge, but it's not as hard as you think. Whether you're backpacking or traveling for work – to enjoy your trip to the fullest, you'll want to remain fresh, energized, and alert.

This means investing time and awareness into staying healthy on the go. Navigating and exploring a new environment can be tiring, but this shouldn't detract from keeping on top of a few simple healthy habits. Take a look at the following top ways to stay healthy whilst traveling:

### **1. Mindful eating**

As tempting as it may be, avoid succumbing to fast food restaurants at airports or train stations. Fast and easy meals may satisfy you in the short term, but in the long run they will make you feel groggy and bloated.

Instead of opting for junk food, try picking up some fresh fruit that's easy to transport like a banana or orange. Indulging once in a while is fine, but if you've been on the road for a while you will need to fuel your body with nutrients. Try to plan your meals in advance and incorporate fresh fruit and vegetables.

## 2. Staying hydrated

When you're out of sync with your regular day-to-day routine, simple habits such as drinking water are easily overlooked. Remembering to drink water is important for a variety of reasons such as fending off dehydration.

To avoid headaches, nausea and dizziness, ensure you have a bottle of water on you at all times. Sourcing water that's safe to drink is also a priority – do you research ahead of your trip and check whether the water available is safe to drink.

## 3. Moving your body

From bus journey to flights – most modes of transport permit very little room for you to move around. Inactivity and idleness for long periods of time can lead to cramping and swelling. To prevent this, try stretching your limbs either in your seat or on the way to the toilet.

Another great way to keep your body moving whilst traveling is walking everywhere if possible. Pack a pair of walking boots and/or trainers so you have the option to explore on foot.

Do you have any other tips for fellow travelers to keep healthy? If so, share and comment below!

*Photo: Felix Rostig, [Unsplash](#)*