

Wellness: On the go

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By **Tamara Quintana**

Let's face it. Most of us live our lives always "on the go." But we still need to take the time to be healthy. I recently shared this "on the go" wellness information with our marketing staff who accumulate thousands of frequent flyer miles each year.

Eating

Eating on the go often means making poor food choices. To make better choices, keep these things in mind:

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Stay away from fast food restaurants and buffets. Eating healthy is all

about making wise choices: portion control, grilled vs. fried, salad dressing on the side, fresh vegetables instead of fries, fresh fruit for dessert, etc.

Eat three to five times a day. Be sure to eat breakfast. It doesn't have to be big, just a protein, a carb, and a dairy will kick-start your day. Grab an extra yogurt or fruit before you leave home for a mid-morning snack. Eat lunch. Have an afternoon snack and then eat a light dinner.

Drink plenty of water.

Exercise

Take every opportunity to exercise when you are on the go.

When traveling by car, take frequent walk breaks at parks, rest stops, tourist sites, etc. If traveling by plane, check in if necessary, then walk around until time to board.

However you are traveling, it is important to exercise your legs. While sitting, blood can collect in the lower part of your body and create deep vein thrombosis (blood clots). Just moving each heel up and down for a minute will pump the blood to the upper portion of your body.

Most hotels have some type of exercise facility. If not, exercise in your room with a jump rope, exercise bands or a DVD.

Sleep

It can be difficult to get a good night's sleep when you are away from home. Some tips for improving sleep:

Exercise more than one to two hours before bedtime.

Don't eat a big meal just before going to bed.

Bring your pillow from home. Sometimes that is all you need.

Bring some “white noise” to drown out unfamiliar noises. This might be radio music played very low or actual “white noise” that you can pick up in stores like Sharper Image.

Remember, if you have to be on-the-go, get going with wellness.

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