

**HEALTH
WISE**

stageandscreen
TRAVEL SERVICES

TRAVELFIT

A top-down view of a person in a dark suit sitting at a dark wooden table, eating a healthy meal from a white bowl. The meal consists of salmon, radishes, tomatoes, cucumbers, and lemon wedges. On the table are a smartphone, a tablet, two coffee grinders, and a black coffee cup. The person is holding a fork and a knife.

WELCOME TO **TRAVELFIT**

Healthwise and Flight Centre Travel Group are excited to share our healthy tips with you to ensure you have all the right tools when creating a healthy lifestyle, wherever you may be. Travel, whether it be for work or pleasure, can easily derail anyone's health and fitness goals. So here are our tips for prioritizing your health, fighting jetlag and balancing your wellness while still enjoying your trip!

TRAVELLING AND COVID 19

During the response to Covid-19 you may also want to consider the following measures for looking after your wellbeing whilst travelling.

Take your own Personal Protective Equipment (PPE) like gloves and masks with you if this makes you more comfortable about travelling. These can offer further protection from catching the virus but also help stop you spreading it.

The best defence against Covid-19 is basic hygiene measures like thorough hand washing with soap and water and sneezing and coughing into your elbow. It should become common practise to start washing your hands/using hand sanitiser when you arrive at a meeting/location.

Social distancing will also become more 'normal' and this should be practised whenever possible. Many businesses will be looking at how to enforce the 2-metre distancing rule, but you should also be aware of this and responsible for following this at all times.

If you are feeling sick, or are a close contact of a confirmed case, you should postpone your travel and seek guidance on the next steps by dialling 111 (this may involve self-isolating for a period of time).

You may choose to wipe down your surfaces with cleaning products as an extra safety step before and after visiting a location.





WHY SHOULD I TAKE A HEALTH KIT WHEN **TRAVELLING**

A basic travel health kit is important no matter where you travel. First aid supplies and medications may not always be readily available in other countries or may be different from those available at home.

A good travel health kit contains enough supplies to prevent illness, handle minor injuries and illnesses, and manage pre-existing medical conditions for longer than the duration of your trip.

WHAT SHOULD I PACK IN MY TRAVEL HEALTH KIT?

BASIC FIRST AID ITEMS

It is essential to know how and when to use the first aid supplies in your kit. You may consider taking a first aid course before you travel.

1. ADHESIVE BANDAGES (MULTIPLE SIZES) & ADHESIVE TAPE



6. GAUZE



7. ORAL REHYDRATION SALTS



2. ALCOHOL BASED HAND SANITIZER



3. ANTISEPTIC WOUND CLEANSER EG: ALCOHOL OR IODINE PADS



8. SAFETY PINS & SCISSORS



9. TENSOR BANDAGES FOR SPRAINS



4. BLISTER PADS OR MOLESKIN



5. DISPOSABLE LATEX OR VINYL GLOVES



10. THERMOMETER



11. TWEEZERS FOR REMOVING TICKS & SPLINTERS ETC...





TRAVELLING WITH MEDICATIONS

Discuss all of your medications with your health care provider before departure and carefully follow the directions for use, including dosage and when to seek medical care.

Bring more than enough medication to last your entire trip.

MEDICATIONS INCLUDED IN YOUR TRAVEL HEALTH KIT...

- Any prescription or over-the-counter medication you normally use.
- 1% hydrocortisone cream to treat minor skin irritation, such as itching caused by bug bites or poison ivy.
- Allergy medication, such as an antihistamine, or epinephrine prescribed by your doctor, such as an Epinephrine auto-injector (EpiPen®).
- Anti-diarrheal medication.
- Anti-motion sickness medication.
- Antifungal and antibacterial ointments or creams to apply to wounds to prevent infection.
- Cold and flu medications, such as decongestants, cough suppressants or throat lozenges.
- Pain and fever medication, such as acetylsalicylic acid (e.g., Aspirin®), ibuprofen (e.g., Advil®), or acetaminophen (e.g., Tylenol®).
- Stomach and intestinal medication, such as antacids and laxatives.
- If recommended, destination-specific medication, like those for malaria or high-altitude sickness.
- If you need to use needles or syringes, take more than enough to last for your entire trip and carry a medical certificate from your healthcare provider explaining that the needles or syringes are for medical use.



HELPFUL
HINTS & TIPS



1.

START THE DAY OFF RIGHT

Breakfast truly is the most important meal of the day, and while the buffet is always very tempting or maybe it's just the rush to the airport in the morning decreasing the priority – healthy choices and portion size are still important regardless of where you are. Keep it simple with options like eggs or granola with fruit; both will leave you with lasting energy all morning long.



3.

AVOID HEAVY CARBOHYDRATES

The night before you go, it is best to keep to small portions of wholegrain options when choosing carbohydrates. A lower carbohydrate intake the night before a flight can ensure a good night sleep and manage energy levels. Try to choose high fibre options like brown rice, quinoa, beans and legumes. For protein rich foods think lean meats, which include chicken and fish to ensure you are kept fuller for longer while staying bloat-free on a long haul flight.

2.

MODERATION

Travel doesn't mean that all form of routine has to be thrown out the window. While you may allow yourself some leniency with food options, not every meal needs to be followed by dessert. Set yourself some compromises and know your own limits with what you will allow and what you won't.



4.

SMALL AMOUNTS OFTEN

Have you been in and out of meetings all day on a domestic trip? Or has your flight thrown out your usual snack or meal times? The easiest way to keep your energy up is to eat small amounts spread throughout the day. Try to have your snacks planned so that you can eat more regularly all day long, and take your time with them! Don't rush a meal as you can easily overeat, which will leave you feeling bloated for the rest of the day.



5.

PLAN AHEAD

We've all been in the situation, standing at the airport newsstand trying to find a snack that will last you through an upcoming flight. There is a solution – preparation! Plan ahead and work out what snacks you can bring on the plane. On-the-go granola bars, nuts, dried fruit, or pre-packaged cheese and crackers all make great options for your in-flight intake.



7.

AVOID PROCESSED SUGAR

This goes for any time, but when you are trying to keep your energy levels at their very best, avoiding sugary snacks is definitely a must. Processed sugars can send your energy levels on a rollercoaster of crashes and cravings so careful selection is a must. Try natural pick-me-ups such as vegetable and fruit juices that are power-packed with vitamins and minerals to boost your energy and your immune system.



6.

HYDRATE

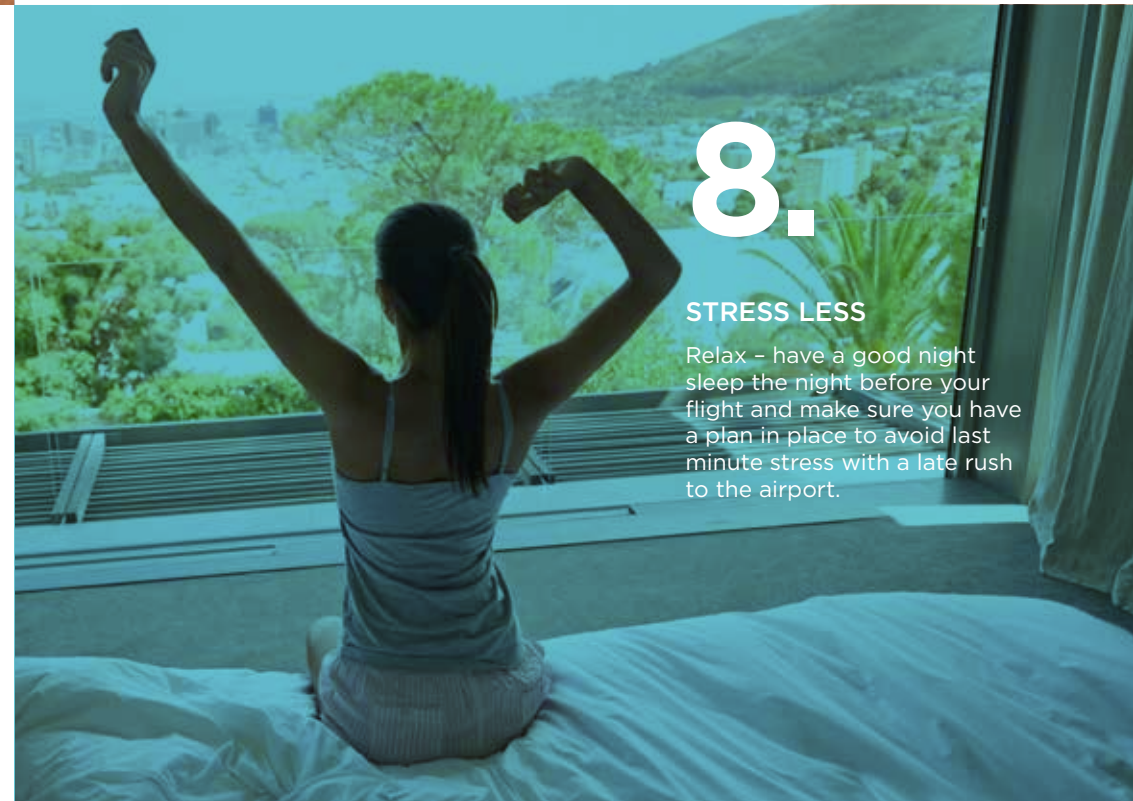
The humidity onboard can often be a lot lower than what we find comfortable, quickly leaving us feeling dehydrated and lethargic with an oncoming headache. Avoid mid-flight alcohol and caffeine and stick to regular bottles of water. We would even recommend trying a hydration tablet full of electrolytes to ensure your body absorbs your intake.

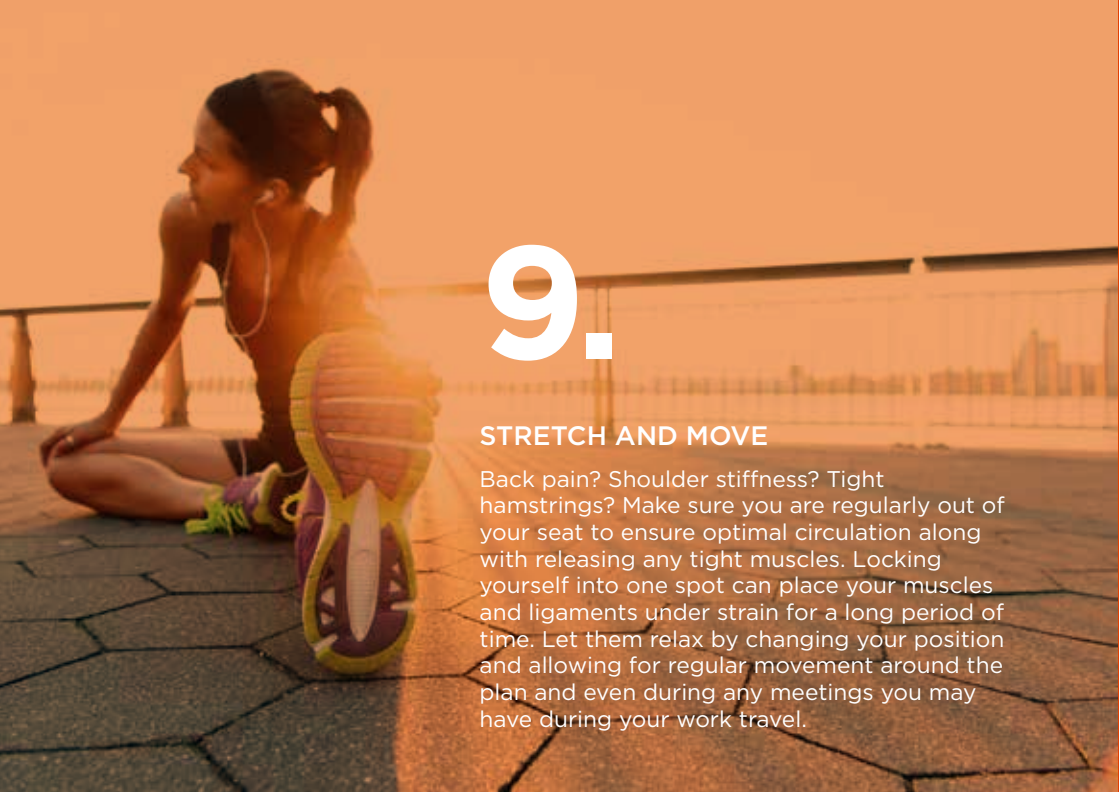


8.

STRESS LESS

Relax – have a good night sleep the night before your flight and make sure you have a plan in place to avoid last minute stress with a late rush to the airport.





9.

STRETCH AND MOVE

Back pain? Shoulder stiffness? Tight hamstrings? Make sure you are regularly out of your seat to ensure optimal circulation along with releasing any tight muscles. Locking yourself into one spot can place your muscles and ligaments under strain for a long period of time. Let them relax by changing your position and allowing for regular movement around the plan and even during any meetings you may have during your work travel.



THE KEY TO ACHIEVING THE PERFECT TRAVELFIT TRIP? PREPARATION - AND THIS MEANS PACKING THE ESSENTIALS. HERE'S WHAT OUR TRAVELFIT KIT LOOKS LIKE READY FOR OUR NEXT FLIGHT; MAKE SURE YOU HAVE YOUR BAG PACKED AND READY FOR YOUR HEALTHIEST TRAVEL YET.

10.

YOU'VE LANDED - IT DOESN'T STOP YET!

Make sure you moisturise your face and wash your eyes to relieve any dry skin and eyes after your flight. When you get the chance, try a day time walk. This will help you adjust to any time zone changes and refresh your body.





TRAVEL**IT** CHOICES

Breakfast on the run or choosing the best lunch and dinner options on or before your flight doesn't have to be a lost cause. At every airport there are the all-too-common unhealthy fast food options, which will power your body with large amounts of sugar and fat. The problem with these options – they send us on an energy rollercoaster, full of crashes and cravings that are hard to overcome.

When you're on the plane, try and choose options that are packed with protein and vegetables. Sometimes the vegetarian option can be your best choice to ensure you get enough vitamins and minerals without excess starch and quick-release carbohydrates like potato and white rice.

Overall, think about your choices and control your cravings before they control your food choices. These meal choices can set your body up for an easy flight and an even better recovery, so choose wisely.

FOODS TO AVOID	FOODS TO INCLUDE
X Muffins	✓ Fresh sandwiches
X Sweets	✓ Wholemeal or multigrain options
X Pastries	✓ Salads and vegetables
X Burgers	✓ Lean proteins (chicken is an easy go to)
X French Fries	✓ Lots of water
X Fried Options	
X Soft drink or other sugary drinks	

TRAVELFIT MOVEMENT

Exercise can be the last thing on your mind during a trip away but that doesn't mean it has actually fallen from existence. It does however mean you may need to make extra effort to find the time to fit in a workout and ensure you're getting the calorie burn you need while still maintaining or improving your overall fitness.

So what workout should I do? Let's focus on the facts - you have minimal time, but still want to maximize the effort. High Intensity Interval Training (HIIT) is our number one recommendation for a Travel Workout for the exact reason. The benefits of this style include increasing metabolism, endurance, strength and power while offering a great variety to your training.

10 OF OUR FAVOURITES

TO GET YOU STARTED HERE ARE 10 OF OUR FAVOURITE EXERCISES THAT YOU CAN EASILY INCORPORATE INTO YOUR WORKOUT ABSOLUTELY ANYWHERE; A LOCAL PARK, HOTEL GYM OR EVEN YOUR HOTEL ROOM.

1. SQUATS



- Keep chest up looking forward
- Bend at hips keeping core tight
- Push through heels breathing out

2. SKIPPING



- Tuck elbows close to body
- Small jumps

3. WALKING LUNGES



- Keep chest up looking forward
- Keep core tight, knee in line with toe
- Push through heel breathing out

4. PUSH UPS



- Position chest over hands
- Control down to elbows 90°
- Breathe out pushing up

5. BURPEES



- Step out to push-up position
- Complete a push-ups
- Jump up and go back into standing position

6. MOUNTAIN CLIMBERS



- Keep neutral spine and breathe
- Position shoulders over hands
- Raise knees toward chest, alternate fast

7. PLANK TO PUSHUP



- Position elbows below shoulders
- Breathe and maintain posture
- Alternate arms as you push up into a push-up position and back to a plank

8. TRICEP DIPS



- Position hands shoulder width apart
- Maintain posture, bend at elbows
- Breathe out pushing up

9. TUCK JUMPS



- Keep chest up looking forward
- Squat down and explode using arms
- Tuck knees to chest
- Land softly maintaining posture

10. BICYCLE CRUNCHES



- Lying down, engage core
- Alternate elbow to opposite knee
- Extend leg out and crunch down/up

WANTING TO INCREASE STRENGTH AND MUSCULAR ENDURANCE? TRY USING OUR RESISTANCE BAND TO TAKE THE WORKOUT TO THE LEVEL YOU NEED.

1. SQUAT & PRESS



- Stand on RB and keeping a slight tension in palms
- Squat down & keep chest up
- Bend at hips keeping core tight
- Push through heels breathing out while raising palms above head

2. LUNGE & LATERAL RAISE



- Front foot stand on RB and keep a slight tension in palms
- Chest up and keep core tight
- One motion lunge and raise hands to shoulder height
- Knee in line with toe

3. PUSH UPS



- Place RB around back and under palms with slight tension
- Position chest over hands
- Control down to elbows 90°
- Breathe out pushing up

4. GLUTE BRIDGE



- Tie RB around both knees and keep tension tight
- Lying on back engage core
- Push through the heels while forcing knees out
- Squeeze bottom and breathe out

5. DOUBLE ARM ROW



- Stand on RB and keeping a slight tension in palms
- Bend at hips keeping core tight
- Raise both arms while keeping elbow tucked
- Squeeze back and breathe out

BE KIND TO YOURSELF

Ensuring your body, and particularly the muscles and ligaments, are restored and relaxed after travel is essential. Any tightness from sitting in the one position for too long can quickly cause an onset of pain and unwanted stiffness.

That stiffness can often be caused by knots within the muscles, which recently have been termed "Trigger Points". Spend at least one minute on each tender point and gradually apply more pressure as it releases and you can guarantee your muscles will be feeling better than ever. Create further muscular Zen with our top 6 Stretches & Yoga Poses and your body will be thanking for your entire trip.



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It's all about balance.

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