



Tips for the Frequent Traveller



At the airport

- Pack a drink bottle in your bag
- Wear a pedometer and try to achieve 10,000 steps even on travel days
- Always opt to walk, rather than take a travelator
- Choose to take the stairs instead of an escalator
- Remember there aren't always healthy choices available at the airport. So be organised and pack a meal or snack from home if you know you'll be at the airport during a meal time
- Pack a filling, low Glycaemic Index snack to have in case you feel hungry, are low in energy or have a sugar craving
- When in transit, walk around the airport rather than sit down

On the plane

- Pre-order low fat or low calorie meals from the airline
- If you've already eaten, make sure to refuse another meal on the plane rather than accept the meal and be tempted by having it sit on your tray table
- Get up and walk up to the front or back of the plane at least once per hour
- Do the suggested circulation and posture exercises every 30-60 minutes during the flight

In the car

- Always keep a water bottle handy in your bag or car
- Keep a stash of snack-sized portions of nuts, seeds, dried fruit, protein bars, Vita wheats or rice crackers in the car
- Remember there aren't always healthy choices available on the roadside. So be organised and pack a meal or snack from home if you know you'll be out during a normal meal time

At the hotel

- Request a room without a mini bar, or ask for the mini bar items to be removed from your room before you arrive
- When you arrive, buy a few pieces of fresh fruit from the supermarket or local store and keep these with you for a convenient healthy snack
- Schedule in 30-60 minutes of activity per day. Use the gym or go for a walk to explore the town or city in which you're staying
- Order a continental breakfast or make a healthy choice from the a la carte menu, rather than opt for a full buffet breakfast

At functions

- Have a water, soda or tonic water with lemon or lime between each other drink
- Avoid arriving at a function hungry. Have a healthy meal or snack before you arrive
- Stand away from the food/snack table or bar
- Opt to stand rather than sit, as this will keep you more active and help to burn up more energy
- Savour each h'orderve to enjoy it and make it last longer. This will help to prevent you overeating at the function
- Dance the night away, as dancing is a fantastic type of exercise

Disclaimer

This fact sheet is provided for your information only and does not replace qualified medical advice. The information provided may not apply to every person or all situations. A medical practitioner should be consulted for all treatment and medication.

