

7 Travelling Tips

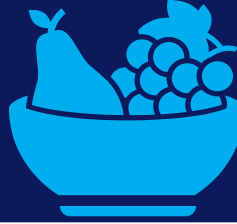
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Drink Water

- Bring an empty water bottle to fill up once you get past security at the airport

1



Pack Snacks

- Toss a few healthy snacks in your backpack for the journey

3



Stay Active

- Get up and stretch or walk around to keep circulation going

4



Avoid Salt and Sugar

- these will dehydrate you during the flight.

6



Rest well

- being well rested will help your immune system stay at the top of its game

5



Sanitize

- pack hand sanitizer or anti bacteria wipes in case you can't get to a sink to wash your hands before eating.

7



Hydrate your skin

- Flying can dry out your skin due to the lack of moisture on a plane

