

**Healthy**



# TRAVELER CHECKLIST

[www.lifeuphealthcoaching.com](http://www.lifeuphealthcoaching.com)

- ✓ Research healthy food options at destination
- ✓ Pack to exercise (clothes, shoes, bands if no gym)
- ✓ Prep food for day of travels
- ✓ Fast during short flights
- ✓ Hydrate w/pure H<sub>2</sub>O +minerals
- ✓ Wash hands with + frequency
- ✓ Get outside, whenever possible
- ✓ Bare feet in grass upon arrival
- ✓ Light sweat or stretch before bed
- ✓ Sleep mask & ear plugs

**LifeUP**

