

Healthy

TRAVELER CHECKLIST

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 H₂O +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

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