

9 Tips for Staying Healthy While Traveling for Work

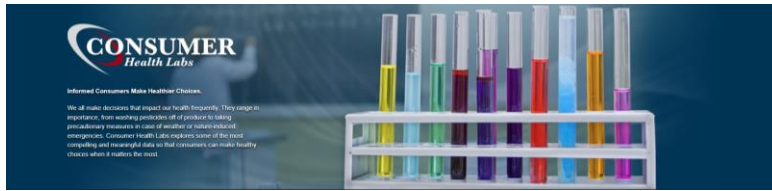
If you're sometimes required to travel for work, you know that being on the road can take a toll on your health and well-being. That's why it's essential to be intentional about taking care of yourself while you're away from home. From eating healthily to staying active to getting enough sleep, Kelly Coleman [Consumer Health Labs](#) has provided nine tips for staying healthy while traveling for work for us here at [Serious About Solutions](#):



Image via [Unsplash](#)

1. Eat healthily

As when you're home, [eating healthy is a big part](#) of living a healthy and stress-free life. Just because you're on the road doesn't mean you have to live on fast food and greasy restaurant



meals. When possible, pack your own [healthy snacks and meals](#) or look for restaurants that serve healthy fare. And make sure to stay hydrated by drinking plenty of water throughout the day.

2. Get moving

It can be tough to find time to exercise when you're traveling, but it's essential to make an effort to [get some activity every day](#). Whether it's going for a run in the morning, taking a stroll in your lunch break, or doing a quick workout in your hotel room, find ways to move your body and get your heart rate up.

3. Make time for self-care

When you're constantly on the go, it's easy to let self-care fall by the wayside. But Wellington World Travels says to remember to take some [time out for yourself](#), even if it's just 10 minutes here or there. Read a book, take a relaxing bath, or call a friend — whatever helps you unwind and recharge.

4. Take safety precautions

Don't let your guard down just because you're away from home; be sure to [take safety precautions](#) both at your hotel and when exploring new cities. For example, always use the deadbolt when staying in a hotel room. Avoiding a ground-level room and locking your luggage while away can also boost your safety.

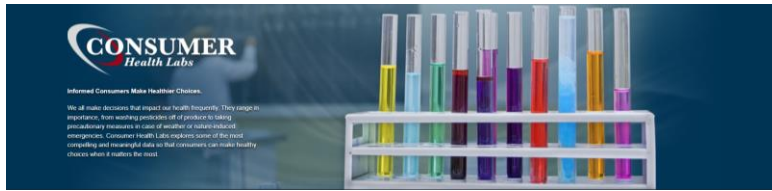
5. Stay organized

One of the best ways to stay healthy while traveling is to stay organized and keep on top of your schedule. Invest in a good planner or use a digital calendar app to [keep track of your plans and appointments](#), so you don't miss a beat (or a flight!).

6. Relax when you can

It can be tempting to try to cram in as much as possible when you're in a new city, but overscheduling yourself will only lead to burnout. Try to relax and slow down when you can; you'll enjoy your trip much more if you do!

If your current career makes it difficult to relax when you need to, consider your options. There are a number of options in the IT field, for example, that may be more interesting and less stressful than your current job. Search out an online degree program that offers multiple



certifications. With flexible scheduling, you'll be able to complete your degree and career transition quickly.

7. Get enough sleep

Getting restful sleep can be hard when you're constantly on the go, but you must prioritize rest as much as possible. Make sure to go to bed at a reasonable hour and, as Sutter Health recommends, avoid working or [using screens right before bed](#) so you can get the shut-eye you need.

8. Invest in technology

Tons of great apps and devices can help you stay healthy while traveling — from fitness trackers that help you make sure you're getting enough steps in each day to meditation apps that help you de-stress. Take time to research the technologies available to help you reach your health and fitness goals, and use them in your daily routine.

9. Take your dog with you

Traveling with your furry friend can provide a host of health benefits, both for you and your pet. Dogs are excellent travel companions, and with the help of a GPS collar, you can keep tabs on them while you're away from home. This can help put your mind at ease and ensure they stay safe and healthy while you're on the road.

Conclusion

Traveling for a fitness conference can be an exciting opportunity to see new places and meet new people, but it can also be challenging to stay healthy. You can make it easier to stick to your routine and stay on track with your health goals by practicing hotel safety, bringing your pup along, implementing self-care habits, and following the other tips we've provided. You'll be well-prepared no matter where your career takes you!

Kelly Coleman

[Consumer Health Labs](#)