

COME BACK HEALTHIER

7 TIPS FOR TRAVEL THAT REJUVENATES

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Vacation is back, baby! Remember the relaxation, eye-popping sights, invigorating adventures, fatigue, crankiness, weight gain? Oh, wait. Skip those last parts. Try these 7 tips, and come back from vacation healthier than the day you left.

1. SAVE YOUR SANITY

Use a travel agent. It doesn't cost a cent, which keeps down your blood pressure from juggling all those travel sites. And the peace of mind is priceless. Travel agents know that their people and places won't let you down. If something does go wrong, the travel agent has your back. "Travel is an investment of your time and your money and your dreams," says Amy McHugh of Dream Makers Vacation Services, Lancaster (dreammakersvaca.com).

2. HYDRATE

Vacation tire you out? It's not just from running to catch that flight or lugging around those suitcases. You probably aren't drinking enough water. Take a few sips of bottled water before, during, and after every stop along the way. (And yes, it's true, alcohol dehydrates and we won't even talk about the calories, so use some margarita mindfulness.)

3. KEEP MOVING

Why hit the gym when you can hit the beach? Start the day with a walk along the waves or a rail-trail bicycle ride. Whether you're seaside, in a city, or nestled in the mountains, an escape with wondrous sights, sounds, and smells is outside the door, ready to awaken your senses and keep your muscles in gear.

4. GET A MASSAGE

Don't just dream about the hotel spa services. Use them! A massage reduces stress and pain, improves circulation, and lowers heart rate and blood pressure. Facials detox and exfoliate your skin for a glow that shines through candlelight dinners or under the club lights. The perfect pedicure lets you break out those strappy sandals with confidence.

5. INDULGE SMARTLY

You don't have to pass up the crabby eggs benedict from the buffet. Split it with your travel mate, and fill the plate with lots of fresh fruit and veggies. Make every day a balancing act. Swap out the chips for healthy snacks, so you can savor the resort's famous chocolate cheesecake later. Plus, keep an energy bar in your bag for a nosh that wards off hangry and helps you focus on the fun.

6. THE SUN IS NOT YOUR FRIEND

Ahh, feel the sun on your skin. Isn't it great to be alive? But the sun is two-faced. Sunburned skin and chapped lips turn vacation into a zone of discomfort and a midnight search for aloe. Slather on the sunscreen and lip balm to enjoy the sun without the ouch.

7. USE THOSE VACAY DAYS

Americans shattered a record in 2018, letting 768 million vacation days go to waste. Really, Americans? Think of all those memories never created. Besides, it's not doing your career any favors. Skipping vacation makes you less productive at work. Taking vacation boosts brain power and decreases burnout. Even the act of planning vacation makes you happier! As McHugh puts it, "There's nothing but positive that comes from travel."

