



Asset HealthTalk

Keeping your health and wellbeing in the know

March 2016

HEALTHY LIVING ON THE GO

STAYING FIT ON THE GO

Healthy living can be part of every decision, even when you're on the go. Whether you're traveling for work, on vacation or are away for the day, there's always time for exercise.

Here are a few ways you can fit in exercise while you're on the go:

- › Pack fitness equipment that travels well, such as resistance bands or a jump rope. Hint: Wear your athletic shoes while you travel to save space and to remind yourself to move.
- › Borrow a bike to tour the town. Bike sharing is an inexpensive way to grab a bike and go for short trips. You just have to return the bike to a location within the group's radius. Check out bikeshare.com/map/ to learn more.
- › Or, walk to explore your new surroundings. Try a new route each day.
- › If you're out of town on business, stand at your team meeting instead of sitting.
- › Take advantage of your hotel's gym or find a local fitness class.
- › Bodyweight exercises don't require any equipment and can be done in your hotel room. You can do planks, situps, lunges or squats anywhere.
- › Find a moment to stretch. After sitting on a long flight or at the end of a busy day away from home, a little yoga and stretching can be good for both your body and mind. You can also stretch while you're traveling. Use your layover as a reminder to stretch.
- › Try 60-second aerobics to get your heart rate going, such as jogging in place or doing jumping jacks.
- › Grab a quick workout by watching an exercise video on your smartphone or laptop. Free online workout sites, such as fitnessblender.com are abundant.
- › Sign up for a race in the city you'll be visiting.



HEALTHY EATING ON THE GO

We all know it's easy to ditch a diet or not eat healthy in general while traveling for business or leisure. But you can maintain a healthy regimen during your travels by simply keeping healthy food choices on hand and planning ahead.

Here are some ways to eat healthy while you're on the go:

- › Stick to drinking water and unsweetened tea during your trip versus sugary drinks and alcoholic beverages. If you're taking a flight, bring an empty, reusable water bottle you can fill in the terminal once you're past TSA.
- › Get to the airport earlier and have a healthy sit-down meal instead of waiting for in-flight meal options, which can be high in sodium.
- › Pack your own meal if you don't have time for a pre-flight meal, and stock up on fresh salads and vegetable packs that come with low-fat dips. Homemade sandwiches are also a great travel option.
- › Bring dry foods that won't easily leak or get smashed in your bag like nuts, protein bars and firm fruit, such as apples.
- › Avoid fast-food restaurants and wherever you decide to eat, focus on meals that incorporate healthy components, like fresh vegetables and lean proteins.
- › Stock your hotel room with bottled water, fresh fruit and healthy snacks. If the hotel offers a complimentary breakfast, choose something with high fiber and protein like whole grain toast with peanut butter, which will give you instant energy and keep you feeling full longer.

"8 Fitness Tips from Travel Experts," Kayleigh Kulp, mensfitness.com, accessed Feb. 11, 2016.

"How to Eat Healthy While Traveling," Joshua Duvauchelle, traveltips.usatoday.com, accessed Feb. 11, 2016.

"How to Stay Healthy While Traveling," SmarterTravel, huffingtonpost.com, Nov. 24, 2015.





BRAZIL

ACAÍ

The acai berry is harvested from trees native to South America and is known for its high antioxidant content. Acai is usually found in the frozen food section of grocery stores. You can use it to create an acai bowl for a healthy meal or snack by starting with frozen acai, then adding yogurt, granola, fruit, nuts and/or seeds.



CAPOEIRA

Capoeira (pronounced cop-o-ay-rah) is a Brazilian martial art that combines elements of dance, acrobatics and music. More than a type of exercise, it's an art form that allows participants to flex their creative muscles, too. Capoeira improves one's agility, reflexes, flexibility, strength, balance and stamina. If you're looking to spice up your fitness routine, check out a beginner's capoeira class near you.



WEST AFRICA

YAMS

The yams that are native to several parts of Africa aren't the same yams Americans associate with sweet potato yams. African yams taste more starchy than sweet and can grow to weigh more than 100 pounds! Different species of yams are produced in several parts of Africa and are eaten in stews, soups, or are boiled, fried, roasted, mashed and more.



AFRICAN DANCE

African dance is a vibrant form of movement that uses nearly every muscle in the body. There are many varieties of African dance, but a common theme among the styles is expressing a sense of community. See if you can find a local class and encourage a friend to join you!



INDIA

TURMERIC

Turmeric is a plant that was first used in India 4,000 years ago, but is widely cultivated in the tropics today. It is a powerful antioxidant, and studies suggest it may have anti-inflammatory, antimicrobial and anticancer properties. You can find fresh turmeric or turmeric powder in most grocery stores today. You can enhance its flavor and create a savory ethnic meal at home by combining turmeric with curry, cumin and citrus.



YOGA

Yoga is a physical, mental and spiritual practice originating in India with over 100 different forms. It combines strengthening and stretching poses with deep breathing and meditation or relaxation in addition to burning calories and toning your muscles. If you're looking for a total mind-body workout, consider taking up a beginner's yoga class near you.



AUSTRALIA

AVOCADO TOAST

One item you'll find on almost every café menu in Australia's thriving breakfast culture is some form of avocado toast. It comprises smashed avocado atop a slice of bread. Additional toppings may include cheese, veggies and eggs. The variations of this simple dish are endless and provide an excellent way to incorporate this superfood into your diet.



NEW ZEALAND

POI

Created by the Maori, the indigenous people of New Zealand, poi (pronounced poy) involves rhythmically swinging balls attached to cords. It was originally used to improve strength, flexibility and coordination. Want to try it? Create a pair of poi using stockings weighted with soft items and check out online resources to get started.

