

# Well-Being Tips When You're on the Road



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Wellness has taken on a new level of importance as all of us want to stay healthy, especially when traveling

There have been many unknowns as the world has traversed COVID-19. Both public hygiene and personal hygiene are higher than ever before. Like so many, you've likely incorporated new ways of staying well into your daily life.

I like to think of healthy travel as a three-part production: 1) Before Your Trip; 2) During Your Trip and At Your Meeting; and 3) After Your Trip.



### Before Your Trip

It's critical to have healthy patterns in place at home so that when you're on the road you can maintain optimal health. Think in terms of book-ending your trips with healthy patterns that build you up, as work-related travel can tear you down.

We know your events are all about making sure everything goes as planned and successfully handling issues as they arise. Certainly, the vast number of details can be overwhelming. Some people react to ongoing stress or overwhelm by shutting down emotionally, potentially leading to depressive thoughts and feelings. Recognizing mental and emotional triggers to avoid or minimize can be key to your happiness quotient.

There's no getting around the huge number of tasks and people to coordinate for any given event and you're the one in charge of all those details.

I love the idea of being "Broadsighted." This means having a wider or deeper perspective of something. You might play with this theme for maintaining personal balance when managing your events. First, try zooming in and focusing on a few details of an upcoming event, perhaps reviewing your agenda for the morning. Then zoom out and see the entire day through a wider lens. Include yourself in this broader view, perhaps an image of you taking 15 minutes to relax and get away. Maybe you are in your room after lunch for 10 minutes of legs-up-the-wall—a restorative yoga pose that nicely inverts circulation for a few minutes and allows you to rest your feet and legs. See yourself capitalizing on times when you can sneak in a little daily "me-time" to create balance. Be strategic and schedule recharge times into your days for your wellbeing, knowing that some will be met and others hopelessly missed.

Another way you might reduce event stress is by seeing your entire event positively unfold in front of you. Before the event, sit in a comfy spot in your room and mentally imagine the large and smaller parts of your program for the day ahead. See all the people and activities happening

easily and effortlessly.

If you're having night-before jitters, try this same approach. Envision the events of the next day unfolding smoothly. People are happy and working together seamlessly. Everything is successfully accomplished. Feel thankful as you mentally check off each box from your list of daily tasks.

### During Your Trip

Balance and maintain yourself, and always minimize compromise!

Eating and Drinking:

- ✓ Strive to drink half your body weight in ounces each day, even more if you talk a lot for a living – we don't see the moisture we throw off in our breath.
- ✓ Pack/carry your own stainless steel or plastic bottle, making it easier to refill and keep up with how many ounces you've had.
- ✓ Drink water and green tea throughout the day.
- ✓ Minimize coffee, as it's a natural diuretic and will be dehydrating.
- ✓ When flying, eat simply and stick to bland food and snack choices, salads and open-face sandwiches.
- ✓ Eat vegetables and clean animal protein-based meals and salads.
- ✓ Minimize alcohol, salty foods, simple carbs, sweets and treats.
- ✓ Avoid bread/pasta/white potatoes; milk/cheese (unsweetened plain yoghurt is fine); table salt (carry your own sea salt); sugar, sweets and treats (pack your own 85% dark chocolate); and artificial sweeteners (take your own Stevia).

Comfort While Flying:

- ✓ Wear loose, comfortable clothes and shoes that will allow for some swelling when you fly.
- ✓ Pack/wear thinner socks that will give you a little extra room in your shoes if needed.
- ✓ Travel with a pair of loose-fitting shoes to accommodate cabin pressure related swelling.
- ✓ Untie shoes and/or loosen shoes as soon as the forward door closes.
- ✓ Avoid tightly fitting clothes and belts or belted apparel.

Sleep:

- ✓ Be consistent and get 7 to 8 hours of sleep every night.





✓ Have a protein snack before bedtime like a small number of raw nuts to help blood sugar balance.

✓ Consider taking your pillow with you when driving as we generally sleep better on our own pillow. Investigate travel pillows/camping gear type pillows that can be compressed for suitcase packing.

✓ Try listening to a relaxing audio before sleep or putting nature sounds into a sleep sounds or white noise machine. I'm not a big fan of sleeping with ear buds, as I prefer to reduce the amount of EMF's we're exposed to, especially in hotels.



Exercise and Movement:

✓ Do something every day: walk, stretch, yoga, treadmill, exercise in your hotel room or hotel gym.

✓ When flying, try to get up, walk around and stretch every 2 hours.

✓ Don't cross your legs or ankles while seated—this adds additional stress to your circulatory system.

✓ Keep a jacket or scarf to use behind your back to add support, especially if you're 5' 3" or less as you may have additional stress on your legs if you don't touch the floor.



Quiet Time:

- ✓ If you have created quiet habits at home, they are easy to take on the road, like early morning reading, meditation or prayer time.
- ✓ Find ways to rest your throat and voice so you don't lose it during the meeting.

## At Your Meeting:

Include yourself and your well-being into event plans. Take time each morning as your personal grounding time. This will help you stay more centered and less easily ruffled by the unknowns and distractions that are sure to come up during every event.

Find and connect with other positive and like-minded people, along with your support network, while at events. There is no better way to create a self-loving environment than with positive messages, music and people.

You can bring positive and relaxing thoughts to mind by going back through your day, starting where you are at that moment, and create a "Thankfulness List." Start with your comfy bed, using your favorite toothbrush, a good conversation you had with someone, etc. Move back through your day feeling thankful for all the good things and positive outcomes. I've found this easily releases the stress that I can hold in my chest and heart and relaxes me.

Consider incorporating gentle physical or deeper breathing activities into your event schedule. Any time you use your muscles, you produce important biochemistry that brings balance through better mood and emotions. Increasing breath also brings oxygen to the brain and muscles. Here are three less active movements to support and re-energize your attendees:

- 1.** Stand barefoot and soften the knees. Gently fold forward at the waist while inhaling and slowly exhale while unfolding back to a standing position. This combines breath with gentle spinal flexion and extension, bringing energy to your nervous system and lungs. Repeat two or three times, doing this with attendees.
- 2.** Stand with enough space between one another to straighten arms sideways. Slowly inhale and bring arms up towards the ceiling, trying to bring hands together. Slowly exhale and bring arms down to meet outer legs. Great for brain balance! Repeat twice.
- 3.** Last, have attendees stretch arms behind their bodies, trying to clasp hands together. This lengthens front chest muscles that tend to shorten while seated. Stretch wrists by straightening one arm in front and gently pressing one hand back with the other hand, undoing the shortening from writing, using laptops and devices. Switch sides.

## After Your Trip

Recuperate, replenish, be gentle on yourself for 1 to 3 days. Focus on building back up and re-instituting those good health habits—remember the other side of the bookend theme.

Here are three ways for you to relax and recharge:

- 1.** Restorative yoga
- 2.** Stretching on the floor, mat or your bed
- 3.** Listening to classical music, jazz or nature sounds while walking or taking a bath.



Think of your health as a checking account. Do you know what your balance is when you're at events? Here are some straightforward ways to make healthy deposits into your account, the "Foundational 4" steps to health success:

- 1.** Hydration—Drink  $\frac{1}{2}$  your body weight in ounces of filtered water each day. This supports a healthy immune function by flushing and supporting the lymphatic system, keeps bowel regularity in good working order and hydrates the skin, internally and externally.
- 2.** Healthy Diet —Balance your meals/snacks with  $\frac{1}{3}$  complex carbs,  $\frac{1}{3}$  protein and  $\frac{1}{3}$  good fats (BACON = butter, avocados, coconut oil, olive oil and raw nuts). Eat or snack every few hours to keep blood sugar as balanced as possible. Keep raw nuts handy or low sugar ( $\leq 12g$ ) content protein bars in your bag.
- 3.** Sleep—Sleeping 7 to 8 hours each night regenerates organs of elimination; supports healthy brain function, better memory, mood and hormones; boosts levels of growth hormone produced in your body; and regenerates all organs of elimination and supports hormone function and balance.
- 4.** Activity—Allocate 15 to 30 minutes each day to stretch, practice yoga, or do the stationary bike or elliptical machine at the gym. Even 10 to 15 minutes is better than 0 minutes! Use restorative yoga to quiet your mind and ready you for sleep. Put your legs up the wall in your room to reverse blood flow from your lower body and relax.



Florida's Paradise Coast is well known for its state-of-the-art meeting venues, world-class accommodations, and incredible dining options. But outstanding amenities and exceptional hospitality are just the beginning of what makes Naples, Marco Island and the Everglades a meetings Paradise.

This is destination that takes attendee wellness very seriously. From restorative yoga sessions on the beach to on-site spas – not to mention meeting venues ready to cater healthier meals – Florida's Paradise Coast makes it easy to plan meetings that combine work and wellness in equal measure.

It all starts with the Blue Zones Project, a community-wide well-being initiative that emphasizes a commitment to making healthy choices. In fact, the area has been named America's Happiest, Healthiest destination four years in a row, according to the Gallup National Health and Well-Being Index.

When you plan a meeting in Naples, Marco Island and the Everglades, your attendees will see and feel the Blue Zones effect all around. It's in the warm air and clear blue skies that rejuvenate body, mind, and spirit. It's in healthy menu options at restaurants, which feature locally sourced produce and fresh-from-the-Gulf seafood. And it's in the many outdoor activities they can take advantage of whenever business isn't in session – from a quiet walk on the beach to an unforgettable kayak or paddleboard outing.

For a destination that does meetings very well – with an emphasis on attendee wellness – only Paradise will do.

#### **About Florida's Paradise Coast**

A natural and cultural gem, Florida's Paradise Coast is where the Gulf of Mexico's sparkling waters meet white sand, wild islands and downtowns filled with artful treasures, culinary delights and countless other discoveries. Explore Naples, Marco Island and the Everglades, and experience a truly extraordinary Florida meeting destination.

[meetinparadise.com](http://meetinparadise.com)



### **Phoenix: A Hub for Health & Wellness Trends**

With more than 40 full-service hotels and resorts adorning a lush desert landscape, Greater Phoenix has always been poised as a trendsetter when it comes to pampering. Throughout the past year, however, self-care has expanded to encompass balance, mindfulness and so much more.

This new approach to not-so-new mind and body trends also marks a shift from the previous “treat yourself” mentality to the implementation of daily practices.

Thoughtfully designed in symbiosis with the natural beauty of the surrounding desert, Greater Phoenix hotels and resorts have always understood the importance of offering luxe spas, state-of-the-art fitness facilities, mindful cuisine, patio dining and even reflection gardens to guests — now it’s time to capitalize on these amenities when you’re on the road.

Current trends reveal that being outdoors, connecting with the natural environment and engaging in immersive experiences can have a positive impact on engagement, focus, balance and overall wellbeing.

No matter where you stay, you’ll find iconic hiking trails close by. Make the most of your day by rising before the sun to catch golden hour illuminating desert and city vistas from a whole new vantage point. Then, set aside some down time for a uniquely Sonoran Desert spa treatment starring such local ingredients as clay, prickly pear and creosote.

This increased personal priority is already carrying over into incentive group travel, and Visit Phoenix can help tailor your next meeting in accordance with this trend.

### **About Phoenix**

It’s time to go beyond: To the heart of the Sonoran Desert, where each sunrise welcomes big ideas. To a walkable downtown core where history meets innovation. To reimagined venues where state-of-the-art spaces and new ventures converge. To Phoenix, where there’s more than enough room to plan your next meeting.

Find out more at [visitphoenix.com/meetings](https://visitphoenix.com/meetings).



S O U T H   C A R O L I N A

Situated along the Atlantic Ocean and lush with saltwater marshes and maritime forests, Kiawah Island Golf Resort offers the “fresh air cure” in an unspoiled environment that provides expansive blue and green spaces to enhance attendee wellness.

#### **Open-Air Gatherings**

From the verdant Grand, Terrace and Ocean Course Lawns that stretch toward the sea to the riverside setting of Mingo Point, shaded by a canopy of ancient oaks draped in Spanish moss, the Resort offers an abundance of outdoor spaces for attendees to immerse themselves in the beauty and serenity of the island. Even inside the West Beach Conference Center, oversized windows open onto inspiring views that welcome in radiant natural sunlight.

#### **Attendee Well-Being, Assured**

Kiawah Island boasts a subtropical climate that invites enjoyment in every season, especially along its ten-mile stretch of award-winning beach. Attendee mental and physical wellness are stimulated through immersive recreation and invigorating team-building activities—from Yoga on the Beach to Dolphin Encounters, Pluff Mud Paddle Tours to Back Island Birding and more.

#### **An Elevated Approach to Wellness**

In perfect harmony with its idyllic coastal environment, The Spa at The Sanctuary at Kiawah Island Golf Resort offers a carefully curated menu of healing and rejuvenating therapies inspired by the sea. Perennially awarded Five Stars by Forbes Travel Guide, The Spa provides a pampering wellness escape to be savored.

These nature-forward group experiences and opportunities for revitalization and relaxation on Kiawah Island in the storied Lowcountry of South Carolina are as boundless as the distant horizon.

#### **About Kiawah Island Golf Resort**

Kiawah Island Golf Resort is the ideal destination for groups to meet well in South Carolina. Situated along the Atlantic Ocean and lush with saltwater marshes and maritime forest, the Resort is nestled into an unspoiled natural environment that provides expansive blue and green spaces to promote attendee mind-body wellness.

<https://kiawahresort.com/meetings/>



Kiawah Resort



See this review of the 2012 PGA Championship at The Ocean Course at Kiawah Island Golf Resort