

Health on the Go

How to make better choices and stay healthy, even with the most chaotic of schedules.

For many of us, travelling for work is a constant reality. Whether it be overseas, interstate, or in the car all day visiting clients, it's hard to maintain a consistent routine when our daily requirements (and environments) are constantly changing.

Luckily there are some simple ways we can mitigate this and ensure we stay healthy, even with the most chaotic of schedules.

What do we cover?

What challenges do you face

A look inside the individual challenges of staying healthy on the go.

What health risks do these challenges present?

An examination of the common health conditions of an inconsistent routine.

Solutions

We know how bad travelling can be for our health, what are the solutions? Well it all boils down to 4 simple steps:

- Be aware.
- Be prepared
- Prioritise
- Systemise

Travel tips

What do the 4 steps look like in a practical sense?

- Nutrition
- Sleep
- Exercise
- Hydration
- Stress management
- Travel supplements
- Exercise in transit.