



# TRAVEL TIPS

## Tips To Help You Stay Healthy In Hotels

(NAPSA)—Making your next trip a healthier one may only require a few easy steps.

Every day approximately 2.6 million hotel rooms are sold to travelers and overnight guests in the U.S., according to the Travel Industry Association of America. While traveling, guests are at risk for illness due to sudden changes in altitude, humidity, microbiology and temperature. The stress of travel can worsen these factors.

A poll by Health magazine and AOL CityGuide revealed that 85 percent of those surveyed worry about staying healthy on the road.

Choosing the right hotel and planning ahead can help travelers avoid common health issues while traveling. Some tips for ensuring a healthy hotel stay include:

- **Check the Menu**—Inquire about healthy menu choices at your selected hotel. Some hotels have relationships with nearby health care facilities to help them develop healthy menus. The Kahler Grand Hotel in Rochester, Minn., for example, features a Right Choice menu created with help from Mayo Clinic dietitians. Ask for examples of healthy menu items when booking your room.

- **Come Prepared**—It's a good idea for travelers to carry some medical supplies in their handbag or carry-on. A first-aid kit should include wound dressings, insect repellent and bite treatment, eye-drops, scissors, safety pins and a thermometer. Make sure the hotel has any items you might need for existing or recurring illnesses. An on-site pharmacy or one that delivers to the hotel is best.

- **Get Moving**—When stuck in the car or on a plane for long



**Some hotels are designed to help visitors with their health needs. These hotels feature a healthy menu and a direct link to health-care facilities.**

periods of time, a number of issues can arise, including blood circulation problems. While getting up to walk every two to three hours or doing in-seat exercises can help, it's also a good idea to use the hotel's fitness center. Look for a hotel that gives guests 24-hour access.

If traveling specifically for health care, properties such as the Kahler Grand Hotel, located just across the street from the Mayo Clinic, can help you alleviate stress and worries. The hotel's concierge staff escorts guests to their first appointment so they don't get lost. Serving hundreds of thousands of Mayo Clinic patients each year, every staff member is aware of providing the healthiest accommodations. The hotel even provides a direct link to the Mayo Clinic nurses desk for guest health questions around the clock with Ask Mayo™ buttons on phones in its International Hotel wing.

For more information, visit [www.kahler.com](http://www.kahler.com) or call (507) 280-6200.