



TRAVEL HEALTH UPDATE

Keep It Moving: Healthy Summer Travel Tips

(NAPSA)—Napoleon is believed to have said “An army travels on its stomach.” When you travel, however, your stomach may slow you down if you don’t look out for it. Here are tips that can help digestion while traveling from health and diet expert Tara Gidus MS, RD, LD/N:

- If you’ll be sitting for awhile in a car or airplane, take a break whenever you can. Getting up and moving your legs can help keep your digestive system moving, too.

- Plan ahead and pack healthy snacks to add fiber to your diet while traveling.

- Stay hydrated. Make sure to drink plenty of water and don’t wait until you’re thirsty to reach for some. Thirst suggests you’re already partially dehydrated. On a plane, don’t be afraid to ask for more water!

- Try not to stray too far from your normal diet. Fattening, rich or exotic cuisine can cause constipation.

- Get plenty of rest. Lack of sleep and a poor diet can increase your chances of getting sick.

- Make sure to include some exercise and “active”ities in your itinerary. Go for a daily sunrise run, swim laps in the hotel pool or sign up for a local dance class.

- Dress comfortably. Tight clothes can make you feel bloated and who needs that on a vacation!

- Consider taking a probiotic supplement. To maintain digestive health, you need to maintain a healthy balance in your colon. Travel can put stress on our



bodies from a change in diet, altitude and time zones.

Probiotics are live microorganisms that are similar to the good bacteria already inside the body. When taken daily, probiotics support a healthy immune system and overall digestive health, helping defend against occasional constipation, diarrhea, gas and bloating, which can be a real bummer when traveling or on vacation.

While many probiotic supplements only have one strain of good bacteria, Phillips’ Colon Health is specifically formulated with three strains of the most clinically studied probiotic bacteria that works to help balance your colon. Furthermore, this daily supplement doesn’t need refrigeration, making it easy to take daily, even when traveling. Throw it in your bag and enjoy your vacation!

- *Tara Gidus is a Bayer consultant and nationally recognized expert and media spokeswoman on nutrition, fitness and health promotion.*