

# Vivacious In Vegas

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In just a few weeks, it will be time to pack your bags and board the plane to attend The PPAI Expo. Time on the show floor, business meetings and having some fun while in Sin City make for an exhilarating experience, but this on-the-go lifestyle can leave much to be desired when it comes to health. Often, traveling means eating greasy food when you have time, picking up germs from fellow travelers or staying at hotels where your body hasn't quite adjusted to the temperature, altitude or time zone.

But there are easy ways to stay fit and healthy, even while in Las Vegas. By taking some precautions, you can reduce the strain of traveling on your health.

## Have Plane Sense

You can't always control weather delays or airport cancellations, which can add stress to your trip, but you can take some precautions to stay comfortable on the plane:

- Wear comfortable, loose-fitting clothing. You may want to bring an extra sweater or small blanket in case the plane gets too cold.
- Before your flight, try to burn off any nervous energy. Take a 30-minute walk around the airport. Or if you have time before you leave the house, take a walk around the block a couple of times.
- Quench your thirst with water or juice, and avoid alcohol and caffeine. The airplane atmosphere is dry, and passengers can easily become dehydrated. Dehydration causes the blood to thicken and increases the risk of blood clots.
- During the flight, do some stretches and leg lifts in your seat. Try small exercises such as flexing and extending your feet and doing ankle circles.
- If your flight is lengthy, get out of your seat and move around at least once every hour if possible.
- Wash your hands frequently. Another option is to carry hand sanitizer or hand wipes in your bag.

## Don't Loose Sleep

When you arrive in Vegas, don't head straight to the casino. Instead, check in at your hotel, unpack and get situated. This will help you be relaxed in a new setting and, more importantly, get a good night's sleep:

- Select a comfortable pillow—but one that is firm enough to keep your head in alignment with your spine. It may be more comfortable for you to bring a pillow from home.
- Keep your room as dark as possible to get a full night's rest. Use window blinds and shades to block out the bright Vegas lights.
- Remove any distracting noises with the steady sound of a fan or air conditioner. Consider loading your iPod with nature sounds such as waves or falling rain.
- Try to maintain a bedroom temperature of 60 to 65 degrees.
- To avoid disturbing your body's natural sleep patterns, keep a schedule to hit the sheets around the same time as you normally would. This may not be possible if you're from the East Coast, but sticking to a routine ensures you have enough energy for the next day.

## Dine Wisely

Eating right when you're on-the-go can be a challenge, especially with enticing foods and new cuisines offered on and off The Strip. Here are some tips to avoid the fast-food trap and eat balanced meals while traveling:

- Keeping a schedule is important when you're traveling, so you eat at normal times.
- Start your day off right with a healthy breakfast. If you don't think you have enough time, make the time. You can order room service, or just wake up earlier than usual. Breakfast is extremely important for keeping one's energy up when walking the tradeshow floor.
- Worried about your weight? What matters for weight control is how the total calories you eat all day compares to the total you burn up. Walking the show floor helps, but it shouldn't be an excuse to overindulge every day.
- For many people, traveling also means noshing on high-calorie junk food, rather than nutrient-rich fruits and veggies. Instead of heading to the local fast-food place for a quick meal, pack some nutritious snacks that travel easily. Peanut butter and crackers, fresh fruit, granola bars and water bottles are easy to take with you when you need a mid-afternoon snack on the show floor.
- Watch the amount of alcohol and caffeine you consume. Too much can negatively affect your body,

including your ability to sleep well.

- Look for healthy choices at restaurants. But beware of healthy imposters. Veggies loaded with butter and salt or salads doused with high-fat dressings should be avoided.

When attending The Expo, it is possible to keep your diet balanced and your body fit on-the-go. Using these tips to help you reduce the stress of travel, while also keeping your body as healthy as possible.

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