



The Healthy Traveler Report

Taking wellness on the road

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A message from Radisson Hotel Group

Travel benefits your well-being in many ways. A significant amount of scientific research suggests that exploring new places can do wonders for your mental and emotional health.

What about traveling for business?

Can well-being and business travel go hand in hand?

Studies show that employees consider corporate travel an important workplace perk. Work travel enables employees to build new relationships and progress their careers, while being trusted to represent their organization can also boost self-esteem. For many, business travel is more than just getting work done in a new location; it's an opportunity to discover the world.

But frequent business travel can also have negative impacts on employee well-being, ranging from tiredness and stress to loneliness and anxiety. The extent to which they impact a traveler depends on multiple factors.

Radisson Hotel Group welcomes millions of business travelers at our hotels every year, so we know that corporate travel can be both rewarding and stressful. Our goal is to create the ideal conditions to foster productivity and good health when you're on the road, from investing in healthy dining options and fitness facilities, to opening convenient locations, to focusing on perfecting the ideal sleep environment to help make every moment of your trip feel rewarding

The path to well-being starts with you and extends beyond your hotel stay.

That is why we selected Harvard Health Publishing as our expert content provider to help you find the most effective ways to look after your well-being when traveling for work or attending a business event. From planning your travels to recovering from your trip, this report analyzes which factors have the biggest impact on your mental and physical health and provides quality guidance backed by scientific research.

Stay healthy, stay safe, and enjoy your travels.

Eric De Neef

Executive Vice President & Global Chief Branding and Commercial Officer



Taking wellness on the road

Travel can be a source of great joy. The delight in exploring a new location, tasting new foods, or experiencing different sights and sounds can trigger a sense of wonder that psychologists refer to as awe. It's possible to experience awe in the minutia of daily life, but for many of us, travel elicits wonder by taking us outside of our normal routines and challenging us to look at the world in a different way.

For those of us lucky enough to travel for work, awe is always just around the corner. But in the year 2023, the joy of business travel may be tempered by other concerns: travel delays, jet lag, poor sleep, limited access to healthy food or exercise opportunities, illness, or the ever-present fear of burnout. Yet with some advance preparation and the willingness to invest in your own well-being while on the road, you can bring good health with you on every trip you take this year. The journey begins here.

Get better sleep leading up to your trip

SMALL TWEAKS CAN LEAD TO BETTER REST.

Sometimes insomnia stems from long-ingrained behaviors, like staying up too late or engaging in stimulating activities before bed. While you may not always have control over your evening schedule while away from home, improving your sleep hygiene at home—that is, the little things you can do to help promote restful sleep—can help you feel rested and ready for your next business trip.

Follow a few basic sleep hygiene strategies. Go to bed and wake up at the same times each day. Keep your bedroom cool, dark, and comfortable. Use your bed for sleep only. If you can't fall asleep within 15 minutes, get up and leave the bedroom. Read or do another quiet activity for 15 to 20 minutes until you get sleepy.

And while you may not be able to maintain a consistent bedtime while traveling, turning down the thermostat at night and completely closing the curtains when you do get ready for bed can help you get better sleep.





STEP 1:

In the days before your trip



Beat jet lag before you board your flight

ONE OF THE MOST DREADED ASPECTS OF AIR TRAVEL IS JET LAG. START NOW TO GET A TIME ZONE (OR TWO) AHEAD.

If you have to cross time zones to get to your destination, changes in the timing (and intensity) of ambient light—as well as other environmental cues—can make your internal clock go haywire. Jet lag can cause trouble going to sleep, or cause you to have shallow, fitful sleep. Other jet lag symptoms include fatigue, irritability, nausea, trouble concentrating, headache, and upset stomach. In general, it takes a day to adjust for every time zone you've crossed, and it takes longer to adjust the older you get. Traveling east—which shortens your arrival day—is more troublesome than flying west, which provides extra hours to catch up in your new time zone.

Can you avoid jet lag entirely? Probably not. But you may be able to reduce its effects and duration, particularly if you start in the days leading up to your trip.

Start to shift before the trip. Gradually move mealtimes and bedtime closer to the schedule of your destination.

For example, before traveling from the East Coast to Europe, go to bed a half-hour earlier than usual for several nights. If you'll be traveling a few time zones westward, stay up a half-hour later on several consecutive nights.

Keep well hydrated. Mild dehydration is common when traveling by air—and being dehydrated worsens the physical symptoms of jet lag. So drink plenty of fluids before, during, and after your flight. But avoid caffeine and alcohol. Both promote dehydration, and while you might think that coffee could help keep you awake... and alcohol might help you sleep...in fact, both can disturb your sleep.



Don't forget you can take an empty water bottle through security and fill it up at your gate.

Healthy food on the fly

FRESH, HEALTHY TRAVEL SNACKS START AT HOME. HERE ARE SOME IDEAS FOR PACKING HEALTHY OPTIONS.

The best way to ensure you'll have healthy, tasty food in transit is to pack it yourself. That way, any delicious options you encounter along the way will be a bonus—and you won't be forced to get by on snacks from vending machines or newsstands.



IF YOU'RE TRAVELING BY AIR:

Airport security regulations make it tougher to prep entire meals to take on board for longer-duration flights, but a smart approach to snacks can help tide you over. With liquids limited to 3.4oz (100ml), you'll need to plan ahead.

For breakfast: You only need a dash of hot water from a coffee shop to turn instant oats into a healthy snack (or breakfast!). Pack instant oats, fruit, nuts, cinnamon, and a small pinch of salt in a travel thermos, then add hot water once you're through security.

For a snack: Most airports sell single-serving cups of Greek yogurt at newsstands; simply add dried cherries, dark chocolate, and walnuts you brought from home for a mini-upgrade that adds fiber, healthy fats, and antioxidants to that store-bought yogurt.

For lunch: Bring a sandwich from home and pack a small container of hummus and fresh vegetables to add a fresh crunch to your meal. Add a small bag of popcorn (a whole-grain snack option that's typically easy to find) and an apple, and you've got a great lunch to take on board.

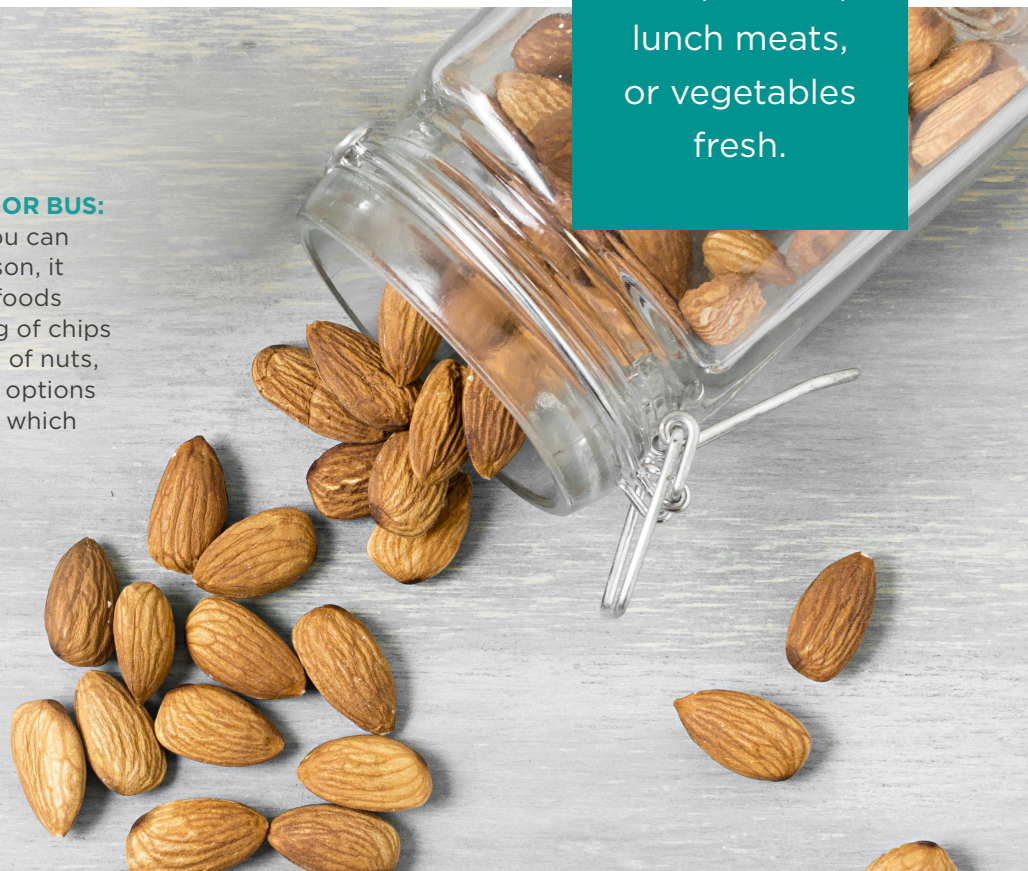


You can usually pass through security with ice packs so long as they're still fully frozen, which can help keep fruit, cheese, lunch meats, or vegetables fresh.



IF YOU'RE TRAVELING BY CAR, TRAIN, OR BUS:

Your options are limited only by what you can reasonably carry on board. For that reason, it makes sense to concentrate on healthy foods that keep you feeling fuller longer. A bag of chips may have the same calories as a handful of nuts, but nuts are energy-dense, nutrient-rich options that are high in healthy fats and protein, which help keep you feeling satisfied.





STEP 2:

During your trip



Keeping calm under pressure

STAYING HEALTHY IN THE AIR, ON THE ROAD, OR ON THE TRAIN.

Traveling may have lost its thrill if you're on the go frequently, but you can still enjoy your time in the friendly skies (or on the road). Here's help handling some common challenges.

AIR QUALITY AND PRESSURE: Because there's so little moisture at high altitudes, the relative humidity in most commercial aircraft cabins is a low 10% to 20%. To combat the drying effect on airways, eyes, and skin, drink plenty of water while you're in the air. You may also want to wear eyeglasses rather than contact lenses, keep a bottle of natural tears handy, use nasal saline spray, and use moisturizing lotion on your hands and face.

At cruising altitude, airline cabins have lower-than-normal air pressure and oxygen levels. The amount of oxygen in your blood can be 5% to 10% lower than normal. If you're in good health your body can compensate, but if you have had breathing problems in the past or noticed a sense of breathlessness while flying, ask your doctor whether you may need oxygen when traveling by air.

EAR PAIN: During takeoff and landing, cabin air pressure changes rapidly, disturbing the balance of pressure between the outer ear and the middle ear. You can help equalize the pressure on the eardrum (and cause the welcome pop you feel when the balance is restored) by swallowing, chewing gum, yawning, or opening your mouth wide. A trick called the Valsalva maneuver may also work: close your nose with your thumb and index finger and exhale gently against a closed mouth.

DEEP-VEIN THROMBOSIS (DVT): Not all experts agree on an association between DVT (blood clots in the legs) and air travel. If there is one, it's likely due to prolonged inactivity, which slows circulation, allowing

small clots to form in the legs and feet. Dry cabin air may also increase the risk of DVT.

In people with certain risk factors, small clots can get big enough to block a vein. These include cancer, heart disease, infection, pregnancy, and obesity, as well as recent injury or surgery. Smoking also raises the risk, as do birth control pills, selective estrogen receptor modulators, and postmenopausal hormones.

If you have several risk factors, it's a good idea to talk to your doctor.

TRAVEL TIPS TO REDUCE DVT RISK

- Wear graduated compression stockings for better circulation.
- Don't sit still for longer than an hour. Walk the aisle or stop at rest stops to stretch.
- While you are seated, practice tracing the letters of the alphabet in the air with your foot to increase circulation.
- Don't take a sleeping pill. A long nap in a seated position allows your blood to pool in your legs.
- Wear loose clothing to avoid restricting your blood flow.
- Keep hydrated. Avoid alcohol, which is dehydrating.
- If you are at increased risk of DVT, talk to your doctor about whether you should take low-dose aspirin during air travel to help prevent a DVT.

MOTION SICKNESS: Motion sickness can be brought on by traveling in a car or bus, flying in an airplane, or even watching a movie with jerky camera shots. The most common symptoms are dizziness and nausea, sometimes with vomiting. You can also experience cold sweats, drowsiness, and headache.

Try these ideas to dial down motion sickness while traveling:

- Travel on an empty stomach.
- On an airplane, try to get an aisle seat toward the center of the cabin, where motion is the calmest.
- Avoid strong odors. Open a window for fresh air if possible. Turn on the air vent if you're on an airplane.
- Don't read or watch videos during bumpy spells; if you are very prone to motion sickness, don't read at all while traveling.
- During a bumpy car or train ride, try keeping your gaze fixed on something stationary, like the horizon.
- Avoid alcohol.
- Consider over-the-counter motion sickness medications.

FEAR OF FLYING: Fear of flying is a common phobia, and if you have a severe anxious reaction to flying, it may be worth talking to your doctor. Relaxation techniques—including deep breathing, progressive muscle relaxation, and meditation—can help, but they do take some practice. Here are three ways to invoke calm.

- Place your hand just below your navel and breathe in slowly. Pause for a count of three. Breathe out. Pause for a count of three. Continue to breathe deeply for one minute, pausing for a count of three after each inhalation and exhalation.
- Count down slowly from 10 to zero. With each number, take one complete breath, inhaling and exhaling. For example, breathe in deeply saying “10” to yourself. Breathe out slowly. On your next breath, say “nine,” and so on. If you feel lightheaded, count down more slowly to space your breaths further apart. If you don't feel more relaxed when you reach zero, go through the exercise again.
- Check your body for tension. Relax your facial muscles and allow your jaw to fall open slightly. Let your shoulders drop. Let your arms fall to your sides. Allow your hands to loosen so there are spaces between your fingers. Uncross your legs or ankles. Feel your thighs sink into your chair, letting your legs fall comfortably apart. Feel your shins and calves become heavier and your feet grow roots into the floor. Now breathe in slowly and breathe out slowly. Each time you breathe out, try to relax even more.

Make the most of your layover

DON'T JUST PLOP DOWN AT YOUR DEPARTURE GATE IN BETWEEN FLIGHTS; GET UP AND GET MOVING!




Walking is one of the most straightforward exercises you can do. You just need a good pair of walking shoes, and off you go! Like any kind of cardio activity, walking can improve your heart health, strengthen your immune system, and help you manage your weight.

Interval workouts alternate higher-intensity activity, like brisk or fast walking, with lower-intensity activity, like moderate or slow walking. Because they incorporate more vigorous activity, you can get more benefits from your walks—and in some cases, shorten the amount of time you are walking while still getting benefits. That makes an interval walking workout perfect for an extended layover—particularly if you can check your bags to your final destination. Here's a walking workout that incorporates longer intervals.

LONG INTERVALS

Because you're going longer, this combination of intervals won't be as intense as some other interval workouts. But it still produces better results than strolling at a steady pace.

Sessions Per Week: 2 or 3

 Warm-Up	5 minutes slow to moderate walking
 Interval Walking	3 minutes moderate walking, followed by 3 minutes brisk or fast walking. Repeat the sequence three times, for a total of four times.
 Cool-Down	5 minutes moderate to slow walking
Total	34 minutes

COPING WITH JET LAG: Continue trying to stay ahead of jet lag by getting on your new time zone as soon as you arrive. Change your wristwatch to the new time, and adjust your sleeping and eating schedule to match as well. If you simply cannot stay awake until evening on the day you arrive, nap for no more than an hour or two. When trying to stay awake, eat protein and vegetables and avoid starchy foods like pastas, breads, and rice.



STEP 3:

At the conference



It's go time

MAKE THE MOST OF YOUR TRIP BY INFUSING WELLNESS INTO EVERY ASPECT OF YOUR DAY.

You have just a few short days to achieve the goals you set for this trip, so whether your aim is to win new business, meet others in the industry, learn something new about your trade, or something else entirely, it's wise to make the most of your time. To do that, you need to be cognitively sharp and physically fit—and that means taking good care of yourself. Here's some help.



Don't overschedule yourself.

Many people experience social anxiety when forced to attend networking events that are geared toward extroverts. More conference organizers are integrating events that are less focused on traditional meet-and-greet activities, as well as quiet rooms designed to help people recharge away from the crowds.

4 ways to sharpen your mind

EMBRACE THESE HEALTHY HABITS FOR A ROBUST MEMORY.

A sharp memory is handy to have at any time, but it's especially good to have a mind like a steel trap when you're meeting new people every few minutes and hoping to walk away with some new skills or knowledge. While you need to practice these healthy habits all the time—not just while traveling—to reap their benefits, here are four things you can do even when you're on the road.

1. GET MORE SLEEP

Most people need at least seven hours of sleep each night to help the body rest and the brain conduct important duties. Sleep promotes the consolidation of experiences and ideas; plays a pivotal role in memory; and has been shown to enhance attention, problem solving, and creativity.

DO THIS: Excuse yourself a few minutes early from after-dinner activities and use that time to do some deep breathing, a few yoga poses, or some stretches to wind down before bed. And remember: although a glass of wine or two with dinner will make you feel relaxed, it won't improve your sleep. It can help you fall asleep, but alcohol suppresses REM sleep, so you may not sleep as deeply.



ENERGY-BOOSTING SNACKS: Sure, caffeine can give you a much-needed jolt. But certain snack combinations can provide more sustained energy to power you through a long day. Choose snacks that have protein, complex carbohydrates, and fiber to provide sustained energy and help you feel full longer. Try sprinkling berries and nuts on top of Greek yogurt, or eating nut butter alongside a banana or apple. Don't care for peanut butter? Eat an orange and a handful of shelled pistachios instead, or some whole-grain crackers with some low-fat cheese.

2. EAT A HEALTHY DIET

Following a healthy diet—yes, even while traveling—may help ward off chronic inflammation (which may fuel Alzheimer's disease) and a type of cognitive decline that results from silent “mini” strokes. Cut back on processed and sugary foods and animal fats (other than from fish). Opt instead for a Mediterranean-style diet, which is tied to lower risks for cardiovascular disease and cognitive decline. The diet is rich in fruits, vegetables, beans, whole grains, nuts, seeds, olive oil, and fish, as well as moderate amounts of poultry and dairy.

DO THIS: *Start your day with a healthy breakfast. If breakfast is included in your first meeting, ask the organizer what's on the menu. If it's doughnuts and coffee, ask whether they might offer some healthier options or seek out breakfast on your own. If your hotel has a breakfast buffet, look for yogurt (Greek yogurt is packed with calcium and protein, but opt for unsweetened versions if you can), oatmeal (a whole grain), and berries (for fiber and antioxidants). Specific foods linked to less cognitive decline include dark, leafy greens (kale, spinach); fruits (strawberries, blueberries); and foods rich in omega-3 fatty acids (salmon, mackerel, walnuts).*

TIP: Seek out natural light, particularly first thing in the morning. If you can, get outside. But a sunny alcove can also help regulate your circadian rhythm and boost your energy levels.

3. MANAGE STRESS WITH MINDFULNESS

Stress makes it harder to retrieve information stored in the brain, as your brain prioritizes immediate actions over the processes that would allow you to rapidly retrieve your knowledge and memories.

DO THIS: *One way to manage stress is by practicing mindfulness, a type of meditation that helps you learn to control your focus by observing the sights, sounds, smells, and feelings you're experiencing. (See page 12 in this report for how to give it a try.)*

4. EXERCISE

Aerobic exercise—the kind that gets your heart and lungs pumping, like brisk walking—is considered a magic elixir for most aspects of health, including cognition. Exercise promotes the release of a powerful molecule called brain-derived neurotrophic factor, which helps repair brain cells, strengthens their connections, promotes new brain cell growth, and may help enlarge the size of your hippocampus (a part of the brain involved in the storage and retrieval of memories). Exercise also increases blood flow to your brain and may protect the brain's system for flushing out toxins.

DO THIS: *Explore your location. If you're lucky, your hotel will be within walking distance of a city or a park. All you need is a pair of comfortable shoes to explore your destination while you reap the benefits of getting active. Or, kick it up a notch by jogging on a treadmill or outside, or swimming in the hotel pool.*

Fit in a workout anywhere

BODY-WEIGHT EXERCISES CAN BE DONE ANYWHERE, AND BOAST BIG BENEFITS.

All exercise is beneficial. So whether you decide to hit the hotel pool for some laps, the treadmill in the hotel gym, or ask the concierge for some good local walking or running loops, anything you can do to get moving will help you maintain fitness while on the road.

You might also consider body-weight exercise, which doesn't require any special fitness equipment and can be done without even leaving your room. Not only does it provide an excellent workout, but it can also help you overcome some common excuses for avoiding exercise, such as not being able to travel with your gym equipment. All you have to do is move your body, whether you choose to use the hotel gym or your room.

Here's a closer look at some of the pluses.

+ IT'S EFFECTIVE

Research published in the journal *Physiology and Behavior* found that, as a form of resistance training, body-weight exercise helps build muscle "independent of an external load." But it also provides gains in aerobic capacity, muscle endurance, lower-body power, and flexibility.

+ IT CAN BE ADJUSTED TO YOUR FITNESS LEVEL

There are ways to modify moves to decrease or increase the resistance. You can adjust your body position—for example, doing push-ups against a wall rather than the floor—or you can change the number of times you repeat an exercise or modify the pace you're working at.

+ IT'S GOOD FOR YOUR HEALTH

Literally thousands of studies have shown that the more you move, the lower your risks for heart disease, diabetes, obesity, multiple types of cancer, joint pain, and Alzheimer's disease. Exercise can also lift your mood, reduce your stress level, and improve your sleep. Body-weight exercise is no exception.

+ YOU CAN CHOOSE WHAT YOU WANT TO DO

It only takes a few body-weight exercises for an all-around workout, and you can choose your favorite moves to put together a short routine.



Stand at a high-top table or at the bar at the networking event, rather than sitting at a table.

NEED SOME DIRECTION? To complete one circuit of this simple three-move routine, do eight push-ups, eight lunges on each side, and a plank pose for 15 to 30 seconds. Rest for a minute and then repeat the circuit two more times, with a rest period in between. The entire routine takes about 15 minutes to complete.



8
PUSH-UPS



8
LUNGES ON EACH
SIDE



15-30 SEC.
PLANK POSE



1 MIN.
REST



X2
REPEAT



STEP 4:

Reducing stress and avoiding burnout



Reset and recharge

HERE'S HELP TUNING IN AND TAKING CARE OF YOURSELF.

As your trip draws to an end, you may be feeling exhausted and overwhelmed—or maybe exhilarated and energized, your mind filled with new ideas and things you're excited about. Either way, it's smart to make a plan to slow things down to help restore your energy and avoid burnout. Warning signs of burnout are overwhelming exhaustion, cynicism, and a sense of inadequacy. Certain work-related stressors are closely linked with burnout, including having too much work or too little independence, inadequate pay, unfairness or disrespect at work, and a mismatch between workplace and personal values. Research links burnout with symptoms of anxiety and depression, so it's important to take time to recharge. Here are some ways to dial down your stress response and tap into a more mindful, relaxed version of yourself.

Take advantage of “bleisure travel”

Bleisure travel (a mixture of “business” and “leisure”) is often cited as one of the benefits for remote workers, who can technically work from anywhere without taking vacation days. But those in more traditional jobs—or those who frequently travel for work—can also take advantage of bleisure travel.

Predicted to become a nearly \$3 trillion industry by 2032, bleisure travel is an attractive way to make the most of your business trips. Your company may even have a policy to let you take comp days or flex time after a work trip to help employees add on a day or two to relax, either at home or at their destination. And even if there isn't an official policy, consider requesting a day or two off work if you can, particularly if you're at a destination you'd like to explore further. After all, if taking a few personal days to destress helps you return to the office feeling refreshed and recharged, it can be a win-win for both you and your boss.

Keep your cool

SET YOURSELF UP FOR LONG-TERM SUCCESS AT WORK BY MAINTAINING CALM.

If you managed to tack on a few extra personal days for a vacation, good for you! Now it's time to take that mindset back to the office with you.

Mindfulness is the ability to pay attention to the present moment with curiosity, openness, and acceptance. Practicing everyday mindfulness can improve your memory and concentration skills and help you feel less distracted. Here's help getting started.

SIMPLE MEDITATION

A quick and easy meditation is an excellent place to begin practicing mindfulness.



- Sit on a straight-backed chair or cross-legged on the floor.
- Focus on an aspect of your breathing, such as the sensations of air flowing into your nostrils and out of your mouth, or your belly rising and falling as you inhale and exhale.
- Once you've narrowed your concentration in this way, begin to widen your focus. Become aware of sounds, sensations, and ideas. Embrace and consider each without judgment.
- If your mind starts to race, return your focus to your breathing. Then expand your awareness again.
- Take as much time as you like: one minute, or five, or 10—whatever is practical and you're comfortable with.



Bringing new ideas and habits home with you

TRAVELING CAN SPARK A HEALTHY NEW PERSPECTIVE.

Travel—even for work—doesn't have to be an unwelcome disruption to your normal routine. Done right, it can provide a burst of inspiration that sparks new ideas and healthy habits, both at work and at home.

Sometimes all we need is a change of scenery to find joy in new experiences. So whether you started a new five-minute meditation practice to wind down before bed, or found pleasure in exploring a new place or talking to new people, do your best to take those positive emotions with you back home. There are some surprising health benefits to seeking out joy in everyday life, including reduced stress, a stronger immune system, and even a longer life.

So while travel can be stressful at times, making the conscious choice to cultivate joy and to take care of your mind and body while on the road may mean you return home a little bit happier, healthier, and with a fresh new perspective.