

HOLIDAY

Travel Edition



HEALTHY MUNCHING

- Pack nutritious snacks
- Choose balanced meals by eating variety of foods
- Hydrate frequently

MOVE IT

- Make time for short exercises
- Use stairs instead of escalators
- Stretch every hour to prevent stiffness

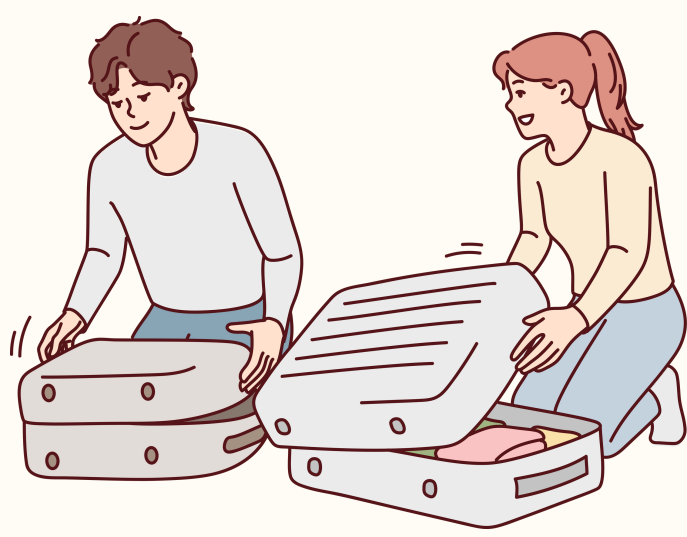


SNOOZE SENSIBLY

- Pack a travel pillow for flights
- Block out noise and light
- Maintain a regular sleep schedule to combat jet lag

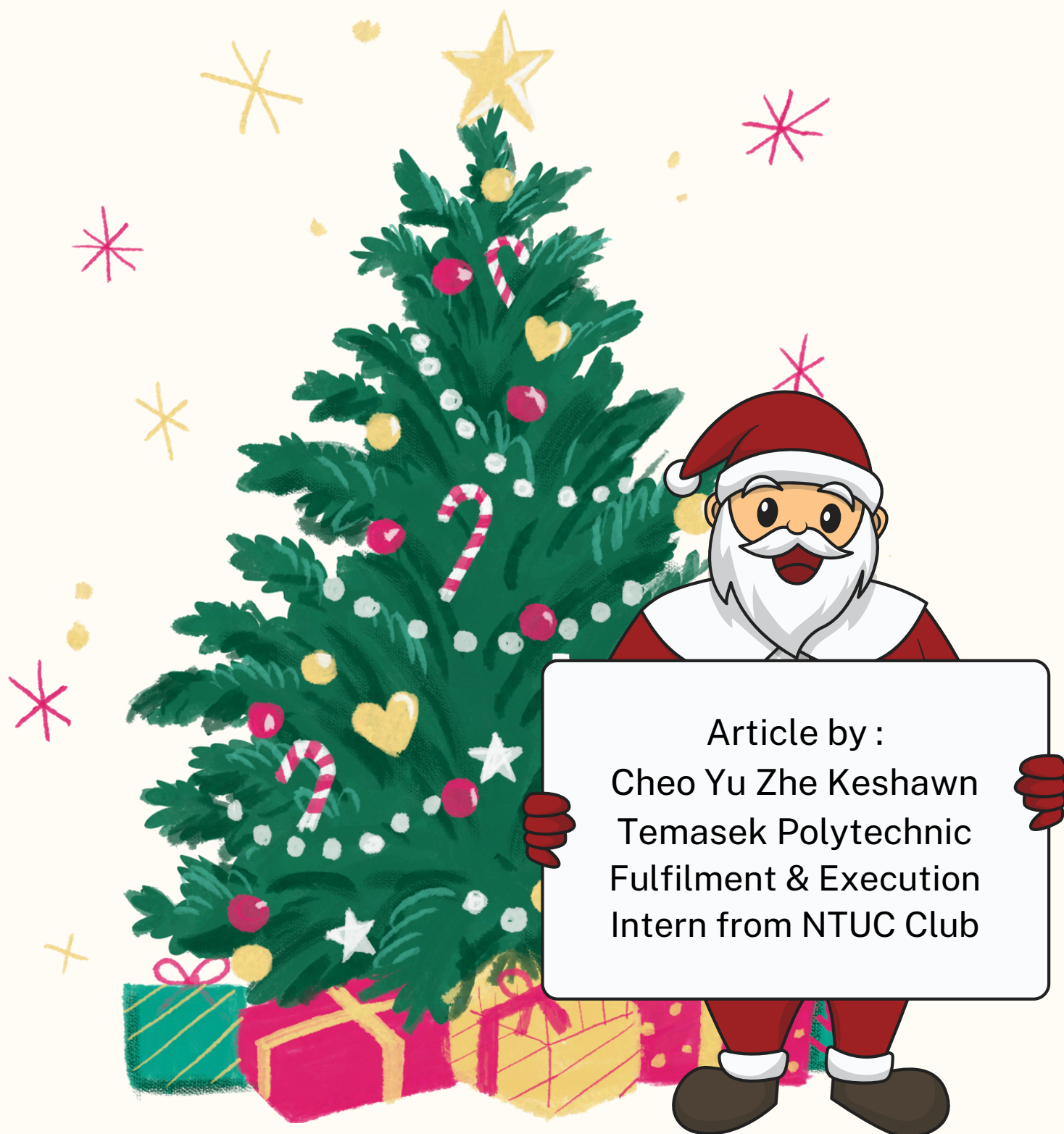
BE MINDFUL

- Respect & Embrace the diverse cultures
- Mind your language and slangs
- Always be polite



PACK WISELY WHEN TRAVELLING

- Ensure there is sufficient warm clothing for winter travel
- Consider bringing extra carriers for Christmas Goodies & Gifts



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