

# GET TO YOUR DESTINATION IN A HEALTHY WAY



Personal wellbeing travel  
and tourism is growing

**2x FASTER**  
than global tourism<sup>1</sup>



These travelers spend  
**50-180% MORE**  
per trip than the  
average tourist<sup>2</sup>



Global wellness  
economy is  
**\$4.2 TRILLION<sup>3</sup>**

## 3 Main Areas: Emotional, Physical, Mental



Travelers want the hotels to be their homes away from home and they are eager to bring health habits on the road with them.<sup>4</sup>

## 2013 Travel Stress Index<sup>5</sup>

### DOMESTIC TRAVEL

Average lost time is **6.9 hours**

### INTERNATIONAL TRAVEL

Average lost time is **15.6 hours**

### KEY STRESSORS

- » Lost or delayed luggage
- » Poor internet connection
- » Inability to rest
- » Delays
- » Impact on family and sense of isolation (esp. international)
- » Health concerns of illness, jet lag and safety
- » Workload upon return

### PRODUCTIVITY TIPS WHEN ON BUSINESS TRAVEL<sup>6</sup>

- » Plan effectively
- » Pack efficiently and in advance: [link to Travel Packing Checklist](#)
- » Create value for your trip—you should get more out of your trip than you invest in it
- » Put technology to work
- » Finish one business trip before starting the next

# Minimize Negative Health Effects of Travel

## 1 | PREVENTIVE

- Regular check ups—immunizations both routine and travel specific
- CDC travel destinations
- Travel health kit

## 2 | MINIMIZE JET LAG

- Drink water before, during and after your flight.
  - » Stay hydrated—drink 8 ounces of water for every hour of your flight
- Avoid alcohol and caffeine
- Get your bare feet on the earth for 20 minutes
- Time Zones<sup>9</sup>
  - » If trip is three hours or less across time zones—stay on you home zone
  - » If it's more than 3 times zones—start preparing your body clock in advance—when in travel, put yourself in the mindset of new time zone on the plane
  - » Stay awake until 9 p.m. the first two nights

*Did You Know* → Jet lag causes 1/5<sup>th</sup> loss in productivity<sup>5</sup>

## 3 | STRESS MANAGEMENT

- Eat healthy meals, of mostly fruits and vegetables
- Exercise to promote physical and mental health (control weight/combat insomnia)
- Avoid alcohol
- Get rest—sleep if you can
- Keep in contact with family and friends

## 4 | IF YOU DO FALL ILL DURING YOUR BUSINESS TRIP...

- Health care abroad

*Did You Know* → The U.S. Centers for Disease Control states that 500,000 people will experience some health problem while abroad.

## 5 | IF YOU DO FALL ILL WHEN YOU RETURN HOME...

- See health care provider
  - » It's common to become sick upon return from a trip
  - » Have info about your travel—where you went and what you did

## 6 | CABIN PRESSURE<sup>7</sup>

- The pressure in a cabin simulates a 6,000-8,000 feet elevation
  - » Dehydration—cabin is drier
  - » Getting sick—drier nose and lowered ability to filter the air
  - » Gassiness—cabin pressure causes the gasses in your body to expand by 30%

## 7 | SAFETY CONCERNS<sup>8</sup>

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|--|---|
| <ul style="list-style-type: none"> <li>• Do           <ul style="list-style-type: none"> <li>» Take a nonstop flight</li> <li>» Send sensitive documents ahead</li> <li>» Leave a detailed itinerary at home/office</li> <li>» Check for Department of State travel warnings/advisories</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• Don't           <ul style="list-style-type: none"> <li>» Carry expensive luggage</li> <li>» Display your ticket information</li> <li>» Dress like a high-profile business person</li> <li>» Have secure documents in plain view</li> </ul> </li> </ul> |
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### About JOHN AYO, CHIEF BALANCING OFFICER



John is an internationally recognized keynote speaker, wellness expert, sales specialist and author. He was a successful sales rep that survived in the super stressful technology sector with IBM for 19 years, then moved into sales training and meeting planning internationally for 12 years. His book *Travel Balance* helps people stay energized and balanced while traveling. He has spoken to thousands of people in 26 countries sharing his secrets to staying sane and healthy in a crazy world.