



UCI HR | Wellness HEALTHY HOLIDAY CHALLENGE

STAY ON TRACK – WHEREVER YOUR TRAVELS TAKE YOU

Traveling, eating out, visiting family members, shopping for gifts, and other holiday events can all impact you in different ways. Whether you're visiting your grandmother in Cincinnati, sailing away on an island cruise, or just stuck in Southern California holiday traffic, travel can trip you up. But there are always ways to stay healthy and motivated – even when you are away from home.

Here are some tips to help you stick to a healthy routine during your holiday travel.

- **Plan Ahead.** Try to stick with your routine, including eating and sleep schedules, as much as you can. Hydrate and have a few healthy snacks on hand, like veggies and mixed nuts, to ensure that you are not hungry on the go. Want something sweet? Try dried fruit or nonfat yogurt packets.
- **Get Moving.** Have a full day ahead? Dedicate at least 5-10 minutes every morning to stretch before you start your day of adventure. Try to incorporate more exercise into your daily life wherever and whenever you can. Arrive early so you can take a stroll around the airport terminal, bring earphones so you can dance to your favorite festive music, or plan to park farther away from your destination to sneak in extra steps.
- **Be Safe.** From personal and home security, to your health – keep your family safe this holiday season. Wash your hands. Cover your cough. Get a flu shot. Handwashing is one of the most effective ways to prevent the spread of germs especially during the winter months. Flu vaccination can reduce your risk of getting sick with the flu. If you haven't gotten a flu shot this season, it's not too late.



THIS WEEK'S TIPS

- Flyer (PDF): The Seated Workout
- Flyer (PDF): Keep Your Home Safe & Secure During the Holidays
- Article: Stay Healthy While Traveling



THIS WEEK'S WEBINAR

- The Road Warrior's Survival Guide



THIS WEEK'S RECIPE

- Do It Yourself Trail Mix



ADDITIONAL RESOURCES

- Contact our EAP, ComPsych GuidanceResources, to help with needs like vacation and party planning
- Sign up for zotALERT, an emergency alert system that notifies the UCI community with safety information
- Enroll online with your UC medical insurance provider to make the most of your benefit plan
- Book your personal and family travel in Connexus to access UC-negotiated pricing
- Purchase UC Business Travel Program benefits for your own personal travel through the UC Personal Travel Program
- Take advantage of UC rates for auto and home insurance through California Casualty



UCI Wellness Listserv. Questions or Comments?

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