

# How to Have a Holiday While Traveling

Traveling is stressful and there are many factors that need to be considered when planning a trip. Oftentimes, we do not consider eating healthy foods on the trip to be a top priority. If you eat healthy foods and exercise during your travels, you are more likely to continue these behaviors once you arrive at your destination. Here are some tips on how you can achieve a 5-2-1-0 day while traveling by plane or car:

5 OR MORE  
FRUITS &  
VEGETABLES  
EVERY DAY

- Eat a full, balanced meal at home before you leave for the airport. Make sure to include at least one serving of fruit or vegetables.
- Bring a few healthy snacks with you to the airport.
- If your flight occurs during a meal time, purchase food in the airport before you get on the plane. Try your best to get fruit or veggies as your sides.
- Bring at least two servings of fruit or veggies as snacks for the wait in the airport terminal or the plane ride. Some examples of produce that will not perish quickly are apples, bananas, oranges, carrot sticks, celery sticks and pepper slices.
- Consume one of your packed healthy snacks before heading to your final destination. When you arrive at your destination, be sure to consume a healthy, balanced meal that includes at least one serving of vegetables.

2 HOURS  
OR LESS  
RECREATIONAL  
SCREEN TIME  
EVERY DAY

- Avoid watching a movie on the plane to limit your screen time. Instead, bring a good book or some work you need to complete. If you decide to watch a movie, try to limit it to two hours or less.
- Turn your phone off to avoid using it for games, apps, etc. during the flight.
- Avoid being sedentary and watching TV once you arrive at your destination. A long day of traveling can be very tiring, but a short burst of physical activity can energize you.

1 HOUR  
OR MORE  
OF PHYSICAL  
ACTIVITY  
EVERY DAY

- Walk to your terminal instead of taking the moving walkway.
- Take a stroll around the airport if you are early to your terminal.
- When you land, take an extra lap around the airport.
- Take an extra lap outside of the airport when you are waiting for your taxi or ride.
- Get a short workout in near the end of the day.

0 SUGARY  
DRINKS AND  
MORE  
WATER  
EVERY DAY

- Bring an empty reusable water bottle and fill it up at the water fountain once you get through security. Refill it before you get on the plane to replace any water you consumed.
- Drinks are often served on planes — tea, water or seltzer water are healthy choices.
- Be sure to consume water with your meal and snack.

## TIPS IF TRAVELING BY CAR:

When traveling by car, the tactics to follow a 5-2-1-0 day are very similar to those we recommended when traveling by plane. Here are some additional tips to follow:

- Take at least one break at a rest stop. Walk around the area and stretch your legs for at least 15 minutes. Encourage your passengers to do the same.
- Complete some simple, equipment-free exercises, such as push-ups, jumping jacks, standing bicycle crunches, squats (to add weight, pick up an item in your car, such as a filled water bottle), etc. Try to stretch your hip flexors and try a few yoga poses to regain flexibility in your back and legs.
- Pack lots of healthy snacks. If you have room to bring a cooler, you can bring ice packs and more perishable food. Make sure to include multiple servings of fruits and vegetables.
- Be sure to consume water throughout the trip. Bring a reusable water bottle and refill it at rest stops when needed.
- When you stop at rest stops, or when you arrive at your destination, park as far away as possible so that you will walk farther.
- Just as on the plane, discourage your family and friends from watching a movie or playing games on their phones the entire time. Instead, play car games that do not involve screens. Some examples are:
  - The Alphabet Game: find objects outside of the car that begin with each letter of the alphabet.
  - Count the number of a certain object outside of the car (for example, red or blue cars).
  - For more car game ideas, check out [kidspot.com.au/kids-activities-and-games/Car-Games+6.htm](http://kidspot.com.au/kids-activities-and-games/Car-Games+6.htm)



**Let's Move**  
Pittsburgh

Download more 5-2-1-0 resources at [letsmovepittsburgh.org/5210](http://letsmovepittsburgh.org/5210). To start a 5-2-1-0 campaign at your home or organization, please contact [letsmove@phipps.conservatory.org](mailto:letsmove@phipps.conservatory.org).



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