

# Stay Well While Away

## by Chris Vasiliadis

I love the early Spring. Day trips, weekends away and vacation planning. Whether you're making a quick escape or disconnecting from your daily routine for a while, find creative ways to support your wellness while you're away.

- 1. Maintain your well-being practices to the extent that you can.** Bring sneakers so you can keep up with your running or walking schedule. Use DVDs for exercise? Many hotels and B&Bs have DVD sets in your room, making it easy to keep your routine. Practice meditation or qigong following a CD? Bring the CD along -- many lodging accommodations also have CD players (or bring your personal CD player, or download the audio to your mp3 player).
- 2. Limits big meals to one per day, preferably not dinner.** Give yourself time and space to burn off calories from breakfast or lunch. Eating too close to bedtime, or too much at your last meal of the day may disrupt your sleep.
- 3. Bring healthy snacks with you.** I'm a big fan of [LaraBars](#) and nuts, which are especially good if you don't have refrigeration. If you have a refrigerator, or you can easily bring along a small cooler, take cut up fruit and veggies, or berries, grapes, cherries, hummus, or guacamole.
- 4. Build ACTivities into your schedule.** Do things that require your body to move. Go for a hike, rent bicycles, take a walk through the local downtown area, in the sand at a nearby beach. Take a walking or bike tour of the surroundings inside and out. Kayak or canoe. If the season or indoor amenities allow, swim!
- 5. Stay hydrated.** Drink water throughout the day. How much? Shoot for at least half your body weight in ounces. In other words, if you weigh 160 pounds, drink at least 80 ounces of water a day. If it's hot, or you're more active, increase your water intake.
- 6. Shade yourself and use sunscreen.** Don't ruin your time away (or damage your skin) with a painful sunburn. Wear a hat with a decent brim, sunglasses with ultraviolet (UV) protection (read more [here](#)), and a decent sunscreen. Reapply sunscreen as necessary if you're outdoors for a long time, if you sweat it off, or after swimming.
- 7. Dessert? Think berries or bites.** If you're out to dinner and can't pass up something sweet at the end, request fresh berries, share a bite of someone else's dessert, or order sorbet.
- 8. Minimize motion sickness.** If travelling by car, plane or boat makes you queasy, take proactive steps to minimize being miserable. I swear by [Sea Bands](#) (work using acupressure): they have made many a boat and plane trip pleasant. You can get them at most drug stores.

Chris Vasiliadis had a wake-up-call to her wellness in late 2005, when she was diagnosed with Multiple Sclerosis: a chronic disease of the central nervous system. That event initiated many lifestyle changes for Chris, ultimately leading to her improved health and new career as a Certified Wellness Coach. Through her business, Priority Wellness, she helps people regroup, recharge and take control of their wellness. With a special interest in helping sole proprietors and small business owners, clients come to Chris when they're tired, or tired of being tired. They know they're not eating right, exercising enough or consistently, and/or not managing stress well, and they've had enough of living that way. Working over the phone with Chris, they make their wellness a priority and create new habits to master their well-being. Chris can be contacted at 781-791-7642 or [chris@prioritywellness.com](mailto:chris@prioritywellness.com).