HEALTH tips



Remember, traveling can be tiring. Daily sightseeing and shopping can add up to quite a few miles of walking. **Pace yourself and try to follow these suggestions:**

PRE-TOUR WALKS Several months before the tour, start a walking plan that will condition you to walk two to three miles daily. You need to be able to walk a mile in less than 30 minutes without shortness of breath or other physical discomfort. Purchase comfortable walking shoes and 'break them in' at home.

CONSULT YOUR FAMILY PHYSICIAN Ask about any medical attention and medication you may need before and during your trip. As of this writing, no inoculations are required for any of the countries on our European tours, but if you have questions, you may call the Health Department or the Center for Disease Control (1-800-232-4636) or check their website, at www.cdc.gov.

DURING YOUR FLIGHTS Combat jet lag by eating lightly and avoiding sugar and highly processed foods. Drink plenty of fluids, avoiding alcohol and caffeine. You will not be permitted to bring liquids through security. You may bring an empty water bottle to fill at the drinking fountain after security. Wear comfortable, loose-fitting clothing and bring slippers or socks in your carry-on to wear on the plane. Before boarding, take a brisk walk around the airport to get some last-minute exercise. During your flight, exercise your feet, toes, arms and legs. Avoid sitting with your legs crossed. If possible, take a walk through the aisle a few times during the flight.

DAY OF ARRIVAL To adapt to the new time zone it is best to stay awake all day and go to bed at a normal hour, according to the local time. Eat lightly the first two days of the tour.

DURING THE TOUR Allow yourself the luxury of a little time to relax and enjoy the scenery. If time allows, a short nap (on the motor coach between stops) is a great pick-me-up!

WATCH YOUR STEP You're not on home ground! A cobblestone road, gravel path, half inch difference in the curb height, deeper bathtub, or lower bed could cause a mishap. Always be aware of your footing!

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