



STAY ACTIVE ON HOLIDAY

Forget the 'fly and flop', come back feeling better than you left with our top tips:

PLAN AHEAD:



Find local walking or running trails



Check out the resort gym & fitness classes



Pack sportswear and comfy trainers/boots



Download fitness videos and use your Zest app!

WHEN YOU'RE THERE:



Walk as much as possible - aim for 10,000 steps a day



Try something new - water ski, canoe, paddleboard, beach sports etc.



Go for a swim - it's a full body workout and gentle on your joints



Hire a bike and go exploring

Stay active, keep it fun and come home feeling more refreshed and energised than when you left!

Remember to use Zest, the interactive wellbeing resource to set your own health and wellbeing goals www.sodexo.carefirstzest.co.uk orgcode: sodexo01

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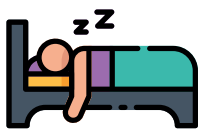


STAY HYDRATED

Your body is made up of two-thirds water so it's important to consume enough liquid to stay hydrated.



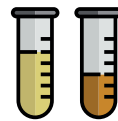
Keep it topped up or you might experience...



TIREDFNESS



HEADACHES



DARKER URINE



LACK OF FOCUS



DRY SKIN

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WATER YOU DRINKING?

Water makes up over two-thirds of the human body so it's important that you consume enough fluid to stay hydrated. Here are some healthy choices and ones to watch...

THE BEST...



Water delivers fluid without adding calories or damaging teeth. If you don't like plain water, try sparkling water or add a slice of lemon or lime.

GOOD...



Milk is a source of water but it also contains saturated fat so choose semi-skimmed or skimmed.



20% of our total water intake is from food. Some foods have a high water content, especially fruits and vegetables, which are usually more than 80% water (e.g. watermelon, strawberries, tomatoes, etc)

WATCH OUT....



Soft drinks, tea & coffee, fruit juices/smoothies, energy/sports drinks, and alcohol.



All of these contain water but can be high in sugar, high in caffeine, calorific or a diuretic.

Visit: www.carefirst-lifestyle.co.uk to view our articles on health, nutrition and diet or call 0808 168 2143 for in the moment support. orgcode sodexo01

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