

Travel Survival Guide to a Safe & Healthy Holiday Season



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You may be looking forward to Christmas dinner, the holiday parties and hitting the slopes, but if you're one of the millions of people traveling for the holiday season, the trip itself may give you indigestion. From holiday weight gain to travel sickness, flight delays may be the least of your worries. Top dermatologists, fitness trainers and medical experts have compiled a must-do survival guide to avoid a not-so-happy holiday season.

Ah - airport food courts, a sub-category in the American cuisine food chain. Kiosks loaded with fatty hamburgers, doughnuts, greasy Chinese food and cinnamon rolls - oh, those warm gooey cinnamon rolls. Rivalled only by malls and amusement parks, airport food courts are fraught with unhealthy food choices that can wreck havoc with your diet. "Carbs and sugar alleviate stress, and airports stress people out, especially during the holidays," says **Franci Cohen, a nutritionist, exercise physiologist and fitness instructor in New York City**. "So, while it may feel good to inhale a day's worth of calories in 10 minutes, the combination of a high-sodium meal and air travel equals a very bloated body from head to toe. You can find healthy food options at airports - you just have to look beyond the hotdog and fries."

Franci recommends eating before you leave for the airport or packing your carry-on with fruits, veggies, and granola bars. Also, avoid the beverage service on planes. Stick to water, you will have a happier flight and feel revived upon arriving at your destination! www.FranciCohen.com