# 10 Savvy Traveler Tips: For Business Trips & Beyond

Let's face it, travel can be stressful whether it's peak season (coming up sooner than we realize) or not. The airport security lines, the heavy traffic, the high gas prices…we're getting a bit anxious just thinking about it! So in order to make your (and our) next trip a seamless one, we've gathered several skin, body, and diet tips from a team of experts. Add them to your travel checklist.

Craving something nutritious when you travel? Airport food courts are convenient and tempting, of course (especially if you're killing time waiting on a delayed flight), but should you choose a healthier approach, apply these pointers from **Franci Cohen, a New York City-based nutritionist, exercise physiologist, and fitness instructor.**

"Carbs and sugar alleviate stress, and airports stress people out, especially during the holidays," **Cohen** says. "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 hot dog and fries." **Cohen** suggests:

- **Eat before you leave for the airport** or pack your carry-on with fruits, veggies, and granola bars.
- **Stick to water on planes.** You'll have a happier flight and feel revived upon arriving at your destination, she says.