

a healthy conversation

Incorporating healthy activities into your vacation plans

From Wellmark Blue Cross and Blue Shield

It's summer time and that means vacation is on the forefront of everyone's mind. Just because you're taking a break doesn't mean you should take a break from being healthy. As you gather items to pack your suitcase, don't forget to pack clothing and shoes to get in some exercise during your time away.

There are plenty of ways to keep up a healthy lifestyle while still enjoying your time off. For starters, be realistic. There's a good chance that you will break from your normal routine while on vacation. Set obtainable goals and find alternate ways to stay healthy as you enjoy vacation.

Fit in casual physical activity

The change of scenery can give you added motivation to explore — and burn some calories in the process! Moving naturally throughout the day can be just as good for you as a run or workout. Walking on the beach burns more calories than walking on pavement.

Swimming is a low-impact activity and great workout for those near the water. Skip the cab - biking to and from destinations is an easy way to soak in the surroundings and fit in a little exercise.

Have a glass of wine

According to a study at the University of Alberta, consuming a glass of red wine has the same physical performance, heart function and muscle strength benefits as working out for an hour at the gym. Two four ounce glasses are recommended for men and one for women. Enjoy the heart healthy benefits of wine responsibly. Consume more than the recommended amount and the health benefits are lost.

Relax

Vacation is vacation, so let the stressors float away. According to the Mayo Clinic, if left unchecked, stress can contribute to health problems such as high blood pressure, heart disease, obesity and diabetes.

Read a book or sit and watch the sunset. Taking time away from your work is important. Shut off the phone, wait on the emails and live in the moment.

Regular exercise has been shown to help control weight, cholesterol, blood pressure, and blood sugar. It's also a natural antidepressant and can help you generally feel better. In order to reap those rewards, you need to develop good habits at home and take them with you anywhere you go, including vacation.

Have a creative way to add exercise and healthy activities into your vacation routine? Visit Wellmark Blue Cross and Blue Shield's social network, MyBlue Community on Wellmark.com, and share your ideas with other Wellmark members. It's full of real people having real conversations. People with similar questions, interests, ideas and challenges — all helping each other.

Brought to you by: