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**In The Spotlight...**

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## HEALTH ON THE GO

With a busy schedule, you may be less likely to take the time to make good health choices. Are you unsure about how to stay healthy while on the go? The simple health tips in this article may help you make better choices even when you're tired, stressed, or in a hurry.

### Healthy Snacking

Pack and keep healthy snacks with you. Choose foods and beverages that are low in fats, calories, sodium, and sugar. Great examples are apples, bananas, low-fat granola, low-fat cheese, and nuts. It's also important to drink plenty of water to stay hydrated.

### Physical Activity

There are plenty of ways to

work physical activity into your lifestyle. Walking is a great place to start, and can help you work up to the 2 ½ hours (150 minutes) of aerobic activity you need every week. Make sure you add muscle-strengthening exercises for all your major muscle groups at least two days of the week.

### Sun Safety

Whatever your plans, make sure you bring protection for your skin and eyes against the sun. Wear sunscreen or cosmetics with a *sun protective factor* (SPF) of 15 or higher that blocks *ultra violet* (UV) rays, which can come from the sun and tanning beds or sunlamps. Choose sunglasses that project against UV rays also. Also consider a

wide-brimmed hat and seek shade when possible.

### Safe Sex

Abstinence is the only 100% effective way to prevent sexually transmitted infections (STIs) and pregnancy, but if you choose to have sex, be prepared by carrying condoms. Using latex condoms properly can lower the risk for STIs and unintended pregnancy.

### Protect Yourself against Germs

Wash your hands often. Soap and water are best, but when they are not available, use an alcohol-based hand sanitizer when on the go.

## SAFE TRAVELS

If you're traveling in a motor vehicle, make sure you wear the proper safety gear, whether that is a seatbelt or helmet, and avoid texting while driving. Always be aware of your surroundings. Depending

on where you're going, you may need to consider other travel safety measures, so plan ahead.

