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Get Away – in Good Health

Traveling without losing track of healthy habits, can be difficult. The *Get Away – In Good Health* article found in *Health Connected's Health Library** has helpful tips that include:

- How to be a fit flyer;
- How to have a healthy hotel stay;
- Working out wherever you are;
- What to pack in your travel wellness stash

*Access the Health Connected site directly from your profile on the [My Canada Life at Work](#) site today.