



## 15 Quick Tips for Healthy Travel

Whether you're travelling for business or pleasure, it's fun to get a change of scenery and routine. But it doesn't have to be a vacation from your healthy lifestyle. Just like when you're at home, being prepared can help you enjoy yourself and reach your goals.

The article *15 Quick Tips for Healthy Travel* can be accessed through the new *Health & Wellness Centre*\*, and provides healthy tips and strategies to consider when travelling, including:

- Pack healthy snacks
- Plan activities that restore and energize you

**Did you know?** Canada Life does not restrict travel to any countries, but the designation of a high risk area or war zone is important.

- No benefits are paid for expenses arising from war, insurrection, or voluntary participation in a riot.
- If you are travelling to a high risk area, be aware that there may be difficulties in obtaining travel assistance or medical treatment should a medical emergency arise. Limitations may include communication disruptions, accessing medical care, or arranging evacuation.

\*Access the Health & Wellness Centre through your [My Canada Life at Work](#) profile today.