

# VitaMin

Vital health information in a minute

Time for a wellness break?

## TAKE AN ACTIVE VACATION



**Give yourself a break** – you deserve it. Whether you're planning a weekend excursion, a family road trip, a vacation across the country or overseas, there are lots of fun ways to make it a healthy trip. Enjoy fresh air and exercise with these creative trip ideas:

**Healthy hotels** – Book your stay at a hotel that offers activities such as tennis lessons, fishing excursions or a shuttle to nearby parks.

**Action-packed cruise ships** – A cruise can keep you on your toes if you plan ahead. Find out if there are gyms, pools, fitness classes and jogging tracks on deck. Some offer rock-climbing, ice-skating, dance classes and personal training.

**State and national parks** – Experience awesome sights with acres of natural lands to explore on foot. Park schedules are often packed with events, programs and opportunities for adventure. Go to [nps.gov](http://nps.gov) to plan your trip.

**Ecotourism** – An eco-trip takes you into nature and emphasizes learning about and preserving natural habitats. This type of trip usually involves paddling, pedaling or hiking in natural areas with a guide.

**Farm stay** – A farm vacation (also called agritourism) offers an escape from the city and the chance to experience life on a working farm. It's fun for the whole family.

**Sporting destinations** – Plan your vacation around your favorite sport or try a new activity. You'll find vacation destinations that offer golfing, fishing, mountain biking, skiing and more.

**Spa retreat** – A spa getaway can recharge your mind and body. Make the most of it by adding yoga or meditation to your day and choosing healthy meals and snacks.

### Before you go

- Check weather information for the area you're visiting
- Pack comfortable clothing, shoes and sun protection
- Don't forget your prescriptions and health insurance information
- For information about vaccines for international travel, visit: [cdc.gov/travel](http://cdc.gov/travel)

**GO YOU**<sup>®</sup>



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