

# HEALTH & WELLNESS TIPS

Volume 4, Issue 5

BARBARA C. OBERMAN  
28222 AGOURA RD., AGOURA HILLS CA 91301

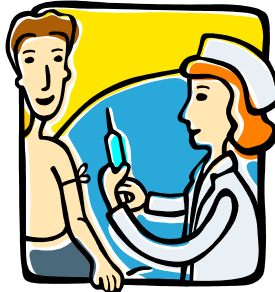


NOV/DEC 2010

INSURANCE SERVICES, INC.  
818.706.3337

## Traveling Healthy for the Holidays

At this time of year, many of us will be traveling to visit family or to enjoy an extended vacation. What are some strategies for staying healthy during these journeys? The US Center for Disease Control (CDC) maintains a dedicated Traveler's Health website with an array of useful information: <http://www.cdc.gov/travel/>



When planning your trip, check for health news and updates specific to your destination. While some locations may seem exotic, like a cholera outbreak in Zimbabwe, other diseases exist much closer to home. For instance, Lyme disease which is spread by ticks, is endemic to the Upper Midwest and Pacific Coast region. Knowing this, you may decide to add insect repellent to your travel kit.

Based on area of travel, the CDC may also recommend a selection of vaccines to protect you. It is advisable to set up these vaccinations 4 to 6 weeks before your trip so as to allow time for them to become effective in your body. Look for the links on the CDC website to both private travel clinics as well as state and local health departments that provide vaccinations.

A comparatively low-tech way to avoid illness is through conscientious hand-washing. While at an airport or hotel you may be obliged to touch door handles, check-in counter pens, arm rests and numerous other objects shared by a large number of people. However, you can still minimize hand-to-mouth or hand-to-eye exposure to many bacteria and viruses by using soap and water or a gel with at least 60% alcohol. Avoid touching your hands to your face so as not to introduce a point of entry for the infection.

Following a variety of strategies, you can decrease your exposure to sickness and instead enjoy your holiday.

### Holiday Trivia: How many calories does it take to ...

- ◆ put up a Christmas tree? carrying and adjusting the tree, 150 calories/hr
- ◆ chop you own wood for a cozy holiday fire? at a slow pace, 329 calories/hr
- ◆ shop? walking at a moderate to fast pace, 151/hr
- ◆ carry groceries for the holiday meal? 155/hr
- ◆ cook holiday dinner? 139/hr
- ◆ wash dishes? 151/hr
- ◆ wrap presents? 99 calories/hr
- ◆ pray? while sitting or kneeling, 66 calories/hr
- ◆ complete holiday craft projects? while standing, 157 calories/hr



*\*assumes an individual weighing 145 pounds*

<http://www.thedailyplate.com/fitness/directory/C>

*This brochure is for informational purposes only and is not intended as medical advice or to replace the advice of insurance professionals.*