

### **3 Tips To Reduce The Effects of Travel During The Holiday Season**

With the impending holiday season right upon us most of us will at some point be traveling to spend time with family and friends.

For many of us we will spend alot more time sat travelling on top of additional time spent sitting socialising at this time of year more than ever. Longer travel is likely to provide a more difficult challenge although all the concepts discussed below can be applied to travel of any length.

More sedentary activities during this period could increase your chances of injury both if you intend to continue training during this period or when your training recommences following the holiday season.

At Perform Ready we have put together some handy tips to help keep you fit and healthy during this period and enable you to hit the ground running with your training in 2018.

So whether your traveling abroad or closer to home during this Christmas and New Year we hope you find these tips helpful.....

#### **#1 Hydrate**

Drink plenty of water before, during and after travel to help combat dehydration. This is especially important if travelling by plane as the re-cycled air circulating in the cabin will feed dehydration. The use of electrolytes can also be useful to help aid water retention and the possible loss of such electrolytes loss that is associated with dehydration.

Additionally ensuring you are well hydrated prior to exercise is highly important. More so at this time of year given many of us might overindulge with both food and alcoholic drink. One of

the downsides of alcohol is that it dehydrates us. Thus, if you've had a big night make sure your as hydrated as possible prior to training.

## **#2 Adjust To Your Time Zone ASAP**

If your traveling abroad this is for you. The aim of the game with travel across time zones is to align to your destination time zone as quickly as possible. Set your watch to the new time zone immediately. This will help the transition from different time zones and will enable planning of meals and sleep. Eating and sleeping should occur at the appropriate times related to the end destination to ensure a smooth transition between destinations. Time differences as small as 1-2 hours can greatly affect our sleep quality, quantity and fatigue levels.

## **#3 Move.....**

Any prolonged positioning is likely to result in reductions in movement efficiency. Prolonged sitting gives rise to tight hamstrings and hip flexors as well as increased intervertebral disc pressures. All those factors are injuries waiting to happen so get off the sofa, ipad, phone or reading your book and **MOVE!!!!!!**

We hope these tips help you enjoy a fit and healthy festive period.

From us all at the Perform Ready Clinic we hope you have a Merry Christmas and a great New Year.

Andy, Ben & Josh