

4 Vacation Tips For Being Pain-Free

Tip #3: Stretch your muscles at regular intervals

If you are going to be in one position for a prolonged period of time (in a car or plane), it's best to stretch your muscles, even walk around a bit whenever possible.

Tip #4: Know your limits

Don't overdo it! Many of these injuries are preventable, especially if you follow these precautions:

- Make sure you keep your lower back aligned properly while lifting a bag.
- Warm up and stretch your muscles before you lift anything.
- Make sure you keep the bag as close to your body as possible to minimize strain on your lower back while lifting..

Stay Healthy During Vacation

Six Tips For Keeping In Tip-Top Shape While You Travel

It's so easy to fall into unhealthy habits when you travel. Heavy restaurant meals, little scheduled exercise, strange sleeping arrangements and late nights exploring new towns can lead to feeling rundown.

To keep your immune system in tip-top shape (and to keep from returning home five pounds heavier!), it's important to maintain your at-home healthy habits even when you're on the road. Consider these six tips to do just that:

1. **Wash your hands a lot!** One of the most important ways to reduce infectious disease transmission is to wash your hands carefully and frequently with soap and water.
2. **Stay hydrated.** It is healthier to ask your friendly flight attendant for a cup of ice water instead of caffeine-filled sodas or alcohol.
3. **Pack healthy snacks.** In your carry on, bring some healthy snacks so you

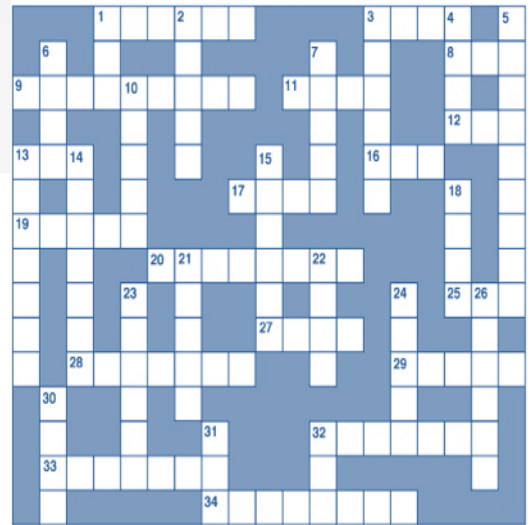
won't feel the need to make a purchase at one of those ubiquitous mega-cinnamon roll stands in the airport.

4. **Make smart choices at restaurants.** If you eat healthy meals at home, there's no reason why you can't at restaurants, as well.

5. **Work out at your hotel or cruise-ship fitness center.** If you have a choice among hotels, find one with cardio equipment, strength-training equipment or a decent-sized pool for lap swimming.

6. **Get good shut-eye.** This is easier said than done, especially if you want to see and do everything on vacation! But do your best to hit the sack early so you can have loads of energy for your days full of sightseeing.

SUMMER CROSSWORD



ACROSS

1. Light rain
3. String _____
8. Single _____
9. Jumping & hopping game
11. Summer month
12. Have lunch
13. Very warm
16. City home for wild animals
17. Summer month
19. Sandy spot
20. Water sport
25. Used to pave roads
27. Relax

28. Step back
29. Very humid weather
32. Warm weather foot wear
33. _____ storm
34. Thrilling
- DOWN**
1. Short form of sister
2. Time piece
3. Cool wind
4. Musical symbol
5. Summer month
6. Go it alone
7. Weather word

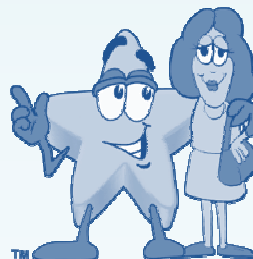
10. Capture
13. Leisure activities
14. Follows a car
15. June 21
18. Always do your _____
21. Pools are full of this
22. Birds home
23. Surltan _____
24. Hot & _____
26. Summer month
30. Better _____ than never
31. _____ you sleeping?
32. Take a seat

Don't Gain Weight This Summer!

When you are in "vacation mode", it's easy to skip your exercise routine. In addition, prolonged travel time (whether it's in a car or plane) and increased calorie consumption can slow down your metabolism. As a result, it's common for people to return from vacation with more joint stiffness, pain, and even a few extra inches around the waistline.

Keep yourself healthy and pain free this summer. The last thing you want is to come back from your vacation with pain, discomfort, and extra pounds.

A little planning will enable you to actually return healthier after your summer vacation!



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MY HOBBY:
 MISPRONOUNCING WORDS

YEAH, DID YOU SEE WHAT HE SAID ON HIS WOBSITE?

... HIS WHAT?

WOBSITE.

... I THINK YOU MEAN "WOBSITE."

WHY DON'T YOU WRITE ABOUT IT IN YOUR BLAG?