

WELLNESS ON THE GO

A practical guide for staying energized, healthy, and grounded while traveling.

HYDRATION | SLEEP | NUTRITION | MOVEMENT | MINDSET



Wellness Starts With You

Between time zones, irregular schedules, and long days, your health can quietly slip to the bottom of the list.

This guide is your toolkit for staying healthy, energized, and grounded—no matter where life takes you.

As someone who has managed Type 1 Diabetes while traveling professionally for years, I've learned that the same habits that keep blood sugar stable are the same habits that help anyone feel their best.

This isn't about perfection. It's about simple habits that fit your real life.

Here's to thriving at 40,000 feet.

— Mercedes



MY WELLNESS PHILOSOPHY

Progress Over Perfection

Wellness isn't about perfection. It's about showing up consistently—even in small ways—no matter where you are.

CORE PRINCIPLES

1. Control what you can control.
2. Prioritize the basics.
3. Consistency beats intensity.
4. Adapt, don't abandon.
5. Progress over perfection.

KEY TAKEAWAYS

What are your top 3 wellness non-negotiables?

1. _____

2. _____

3. _____



TRAVEL WELLNESS ESSENTIALS

My Travel Wellness Packing List

Refillable water bottle

Electrolyte packets

Protein bars or jerky

Sleep mask + earplugs

Magnesium & supplements

Resistance band

Mini skincare kit

Blue light glasses



HYDRATION GUIDE

Drink Before You're Thirsty

- Fill your water bottle before boarding — you may not get another chance for hours.
- Order water before coffee.
- Add electrolytes on long travel days before you feel tired.
- Limit alcohol before and during flights.



NUTRITION ON THE GO

My Airport Food Formula

Choose: ✅ Protein ✅ Produce ✅ Water

Good:

- Starbucks egg bites
- Chick-fil-A grilled nuggets
- Greek yogurt
- Protein bar
- Salad + chicken

Avoid relying on:

- Pastries
- Candy
- Energy drinks
- Alcohol



SLEEP & RECOVERY

Rest is Non-Negotiable

Sleep is the foundation of performance, mood, and immunity. Protect it like the strategic advantage it is.

Consistent wake time across time zones
Sleep mask + earplugs on every flight
Magnesium or melatonin for jet lag
Keep hotel room cool and dark
No screens 30 min before bed

When life gets busy and you can't do everything:

1. Sleep
2. Hydration
3. Protein
4. Movement

In that order. Quiet discipline, elevated results.



MOVEMENT ANYWHERE

Movement During Travel

- Walk the terminal instead of sitting at the gate
- Hotel gym not realistic? Walk the property for 10 min
- Stretch after long flights
- Take the stairs whenever possible



DAILY WELLNESS CHECKLIST

Your Daily Non-Negotiables

Aim for 4 out of 7 daily. Consistency compounds.

- 80-100oz water
- Prioritize protein at every meal
- 10 min walk
- 7+ hours sleep
- 10 min morning sunlight
- Supplements taken

WEEKLY TRACKER

	M	T	W	T	F	S	S
Water	___	___	___	___	___	___	___
Move	___	___	___	___	___	___	___
Sleep	___	___	___	___	___	___	___



HEALTHY TRAVEL SWAPS

Upgrade Your Choices

INSTEAD OF >>> TRY THIS

Syrup latte >>> Black coffee + collagen

Granola bar >>> Protein bar (20g+)

Bread basket >>> Extra vegetables

Soda on the plane >>> Sparkling water + lemon

Scrolling before bed >>> Stretch + journal

Skipping meals >>> Prepped snack bag

Airport cocktail >>> Sparkling water

Hotel dessert >>> Berries

Energy drink >>> Coffee + water



EMERGENCY WELLNESS PLAN

Get Back On Track

Your reset protocol when life throws you off course.

After poor sleep:
Sunlight within 30 min of waking
Cold water + hydrate
Light movement only

After unhealthy eating:
Next meal: protein + greens
20-min walk after eating
Resume routine — no guilt

After a long travel day:
Hydrate
Eat protein
Get sunlight
Walk 10 minutes
Resume normal routine



MY NON-NEGOTIABLES

Define Your Priorities

Choose the 5 habits that matter most to you.

1. _____

2. _____

3. _____

4. _____

5. _____



The 5 Habits I Never Skip

No matter the timezone, the schedule, or the jet lag.

1. Hydrate immediately after waking
2. Prioritize protein
3. Walk daily
4. Prioritize sleep whenever possible
5. Give myself grace when plans change



TRAVEL WELLNESS

My Packing List

The essentials I rely on while traveling.

Reusable water bottle

Electrolytes

Protein bars

Magnesium

Sleep mask

Ear plugs

Resistance bands

Healthy snacks



NOTES & REFLECTION

Reflect & Reset

What went well this week?

_____

What do I want to improve?

_____

What am I grateful for?

_____

What habit helped me feel my best this week?

_____



FINAL THOUGHTS

Wellness Doesn't Have to Be Complicated

You don't need the perfect routine, perfect diet, or perfect schedule. Focus on the basics:

Hydration • Sleep • Protein • Movement • Consistency

Small habits repeated over time create extraordinary results.

Here's to thriving at 40,000 feet.

— Mercedes

Want more?

Follow @mercedesinflight

Corporate Flight Attendant | Founder of Inflight Social

Helping ambitious women thrive in work, travel, and life.