



# SANTIAGO CHIROPRACTIC ASSOCIATES



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## Tips for Stressful Holiday Travel

**Lake Hiawatha, NJ, December, 2012**—With the holidays approaching, there may be a lot of travel time ahead for you. Most of us are planning time with family away from home and so we need to prepare for the stress of sitting in uncomfortable seats for hours, dealing with delays and last minute changes, etc. One thing to keep in mind is how our body handles these stresses. Preparation is key to staying healthy and mobile. One day prior to traveling it is good to drink plenty of water, especially if you will be flying to for the holidays. Water and zinc can help prevent catching colds due to jet lag and sharing close quarters.

**Mid-Travel Seated Yoga:** Once the trip is underway there is a potential for stiffness to set into the joints. To prevent this take advantage of whatever space you have to counteract the settling that may happen (see below).

Cow Arms



Eagle Arms



Warrior Arms



Hip Rotation



Remember, the key to peaceful travel is mindfulness of why you are traveling. Having the time to share the holidays with friends and family is a blessing. Embrace this fact even if the "getting there" is chaotic. Restful breathing is an excellent way to practice this mindfulness. Let your body sink into the chair, let your limbs be heavy and your breathing deep. Inhale to celebrate the accomplishment of getting "on the road" and nearing the destination and exhale admitting that any delays are a factor you usually cannot control. Keep eyes closed and breathe for 5-7 breaths in a steady manner.

The holidays are known for being stressful, but it is how we prepare and adapt to them that is the key to keeping the peace that is traditional for this time.

Neck Rolls



Spinal Twist



Cow Pose



Cat Pose



## 5 Tips for Holiday Eating

1. Remember to drink water regularly. This will help prevent overeating by increasing that feeling of fullness.
2. Eat a small nutritious snack before going to holiday parties. This will give you some will power against the many desserts and rich meals.
3. Always have vegetables on your plate. Salads & cooked veggies are filling. Avoid those covered in sauces & butter.
4. Don't avoid sweets all together. Have a small portion to satisfy your craving.
5. Get some exercise! Even a walk around the mall counts. Keep moving and the pounds won't stick after this holiday season.

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