Healthy You: Quick Facts

How to stay healthy and safe on vacation

You circled the dates on your calendar months ago, and now it's finally here — vacation! Taking a vacation is important for both your mental and physical health. But keep in mind that too much fun can be a bad thing. Don't forget about common sense during all the fun. Check out these tips.

Photo above by Staticnak1983, below by Edwin Tan, iStockphotos

Quick facts on safe vacations:

1 If you're taking a road trip, give your car a safety check first. Once at your destination, be sure to follow safety rules, such as wearing a helmet while bicycling or riding a scooter.

2 Check local weather forecasts before heading out. You don't want to become stranded on a lake or on a hike if a storm hits.

3 Don't forget to hydrate. Drinking plenty of water will help your body and mind feeling healthy. And be careful how much alcohol you drink.

4 Eat your largest meal of the day for lunch rather than for dinner. Don't skip vegetables just because you are on vacation!

5 Falls and trips are some of the most common vacation injuries. Wear sturdy, comfortable shoes and watch your step.

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>> For more healthy travel tips, visit www.cdc.gov/travel