

# HEALTHY HOLIDAY TRAVEL TIPS

Posted on December 21, 2013 by Serena



## Healthy Holiday Travel Tips

During the holiday season, everyone is concerned about gifts, decorations, food, and travel plans. While its great to have holiday spirit, its important to assess the health risks of holiday travel! According to the Transport Association of America (ATA), more than 206 million Americans will fly during the holiday season this year. Prolonged sitting on long flights and car rides can lead to the development of blood clots in the lower legs, which cause spider and varicose veins. Readers should know there are easy traveler tips to prevent blood clots, and there are also fast, non-invasive treatments available to get rid of pesky veins fast (even on vacation)!

To help us out, we are excited to share some tips from [Dr. Luis Navarro](#) Circulatory Expert and Director of [The Vein Treatment Center](#), who offered us some easy and effective ways to optimize blood circulation, and prevent health scares while traveling.

### [Dr. Luis Navarros Circulation Tips for Travelers:](#)

- **Stay Active:** During a flight, walk around every hour to promote circulation. If driving long distance, be sure to make stops to stretch out along the way
- **Rotate and Flex:** Rotate your ankles and feet whenever possible, and flex your toes to promote leg vein circulation
- **Elevate Your Feet:** Raise your feet 6 to 12 inches above your heart whenever possible to assist circulation.
- **Avoid High Salt Foods:** Unhealthy foods packed with salt can cause constipation, which puts pressure on the venous system
- **Wear Compression Stockings:** Compression stockings act like an added layer of muscle, aiding the performance of the "second heart" and venous circulation.