

## First American Experiences Group



The word "senior" used to have hidden undercurrents that said "take it easy" or "slow down." *Times have changed.* Seniors are more active and healthier than ever. Travel plays a huge role. Traversing new terrain, or visiting a favorite destination for the fifth time, is an opportunity to expand your knowledge, see the world and have a wonderful time in the process.

The benefits of travel are endless. Exercise, a main element of traveling, increases vitality and wellness. Walking is one of the best forms of exercise. It strengthens your heart and keeps you healthy. *But treadmills grow tedious and the scenery around your neighborhood gets stagnant.* A change of scenery and location would be ideal. But where should you go? Countless destinations include walking. You have a globe full of choices, from walking around the Colosseum in Rome to Machu Picchu in Peru,

One of the best perks of traveling the world is sampling the regional cuisine! Did you know you can taste the very best of Italy, China, Spain and every other corner of the world while maintaining a healthy diet? For example, spicy foods increase your metabolism and feelings of satiety. Go ahead and savor the Cajun cuisine in New Orleans or spicy Thai food in Thailand, and get a cultural taste of the region with none of the guilt.

Choose healthier options from the menu. In Spain, for example, enjoy the famous tapas (snacks) — smaller dishes featuring a cheese, seafood or meat-base. By choosing to sample tapas when you eat out for lunch during a tour, you immerse yourself into the Spanish culture, savor the delicious flavors of the region...and eat smaller portions!

Drinking water and staying hydrated is hugely important when traveling. Incidentally, drinking one or two glasses of water 15 minutes before a meal helps decrease your appetite, so you ingest fewer calories — killing two birds with one stone!

Unwinding and relaxing are as important to your well-being as exercising. Everyday routines can get pretty stressful. A great way to get away from that stress is to literally *get away.* Travel. Go somewhere that makes you release a contented sigh when you imagine yourself there! Maybe it's a spa in the charming village of Montecatini in Tuscany, or the spectacular Canadian Rockies. Perhaps relaxing and listening to the soothing sounds of waves crashing in a Hawaiian turquoise surf will take all your cares away. Wherever your dream getaway is, go there and rejuvenate your mind, body and soul.



Expanding your knowledge of other countries is another way travel benefits your mind. From the reading you do...to the museums you visit...to the history you absorb, traveling is so educational! Challenging your mind and learning new things — or increasing your knowledge about the things you are already interested in — is a wonderful feeling!



Have you ever returned from a trip with countless fascinating stories to tell your friends and family over dinner about cultural differences and traditions from the place you visited? When you travel, your mind is at work soaking it all in, comparing and contrasting, learning and reveling in the differences between another culture and your own. One of the most important things to do to strengthen the mind is to keep it active! When you see a new place — a different place — you are activating your mind completely! Nothing compares to the education you receive when you travel the world.

A British author, Hilaire Belloc, once said, "We wander for distraction, but we travel for fulfillment." Ask anyone who has just returned from their dream vacation and they'll confirm the validity of those words.