



DENNIS
INSURANCE GROUP
BENEFITS DELIVERED

newsletter

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QUICK TAKES

Plan Your Safe Vacation

This summer, don't take a vacation from common sense. Plan an escape that will refresh your body and renew your spirit. Maintain your family's active lifestyle by taking the time to plan physical activities that everyone can enjoy. Whether you're going to the shore or the mountains, visiting a busy city or sleepy town, consider these suggestions for a healthy, safe and fun time.

- Drive safely -- and don't drive drowsy. After a long day in the sun, you're likely to be dehydrated and fatigued. Take a break if you feel tired or share the drive with your partner.
- Ride and climb safely. Insist that everyone in your party wear a helmet when biking, horseback riding, skateboarding, riding scooters or rock climbing.
- Play it safe near or in the water. Wear a lifejacket when you're on the water. Swim with a buddy at lifeguarded beaches. Always supervise children in or around water.

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Pick Up Healthy On-the-Go Snacks

Whether you're at a rest area on the highway or waiting in line at a theme park, you're likely to be surrounded by stacks of not-so-healthy snacks. Despite the temptation, don't let your vacation be an excuse to indulge in foods you wouldn't eat back home.

It's easier than it once was, but you still have to look for healthy snack choices. With all snacks, it's important to keep an eye on calories. A healthy snack should be no more than 200 calories.

Crackers, pretzels, chips and popcorn can be part of a healthy diet as long as you keep an eye on portion size. Be sure to read the label to determine how many servings are in an individual package. Look for whole-grain crackers and pretzels, air-popped popcorn and baked (not fried) chips.



Snack bars are often high in sugar and empty calories. Try to choose bars made with real fruit and whole grains. It's possible you won't find them at tourist destinations, so consider stocking up on your favorite brand before leaving home.

Milk, cheese and yogurt are excellent snacking options for people on the move -- as long as you keep them chilled. Pack plastic spoons and pick up low-fat yogurts at a convenience store. Keep reduced-fat string cheese in your cooler. Look for bottles of low-fat milk in vending machines at rest stops.



Nuts -- almonds, walnuts, pecans, pistachios and peanuts -- offer protein and good fats. Look for unsalted or dry-roasted varieties. Keep tabs on how many you eat, though. Nut calories add up fast. For instance, 15 walnut halves total about 200 calories.

Fruits and veggies that you can eat out of hand are nature's ideal snack food. When driving to your vacation destination, keep an eye open for fresh local produce at roadside stands and farmer's markets.

