



WHITNEY PORT AND KEVITA® SHARE 7 TIPS FOR WELLNESS WHEN AWAY FROM HOME

When planning a trip, it's not just about discovering a new place – it's about feeling great, both on the journey and while you're actually there. For those looking for adventure across the country, or even just in their own backyards, we asked Whitney Port for her inspiration on how she stays at her best while on the road or out and about.



1. BRING SNACKS – OR KNOW WHERE TO GET THEM!

"If I don't eat often, I get hangry...so I always pack on-the-go snacks. Mixed nuts and fresh fruit are simple, healthy options. I always know where the local bodega or grocery stores are so I can get my KeVita fix even when I'm on the go!"

2. WORK OUT IN CULTURE.

"I like to get outside of the hotel gyms and use the outdoors to get more ingrained in the local culture. Running or walking outside is a great way to explore any city. I also like to sign up for classes and services that the locals do. From dance to yoga to spa treatments, you learn a lot by seeing how wellness is approached globally!"

3. SWITCH TO AIRPLANE MODE.

"If you're on vacation and on your phone all day, are you really enjoying every minute? It's okay to check in every once in a while, but I try to be mindful of how much time I spend scrolling during my time off. Timmy and I like to keep our phones on airplane mode while we're on vacation, so we can still capture pictures of Sonny but aren't distracted by emails or texts coming in."

4. BE MINDFUL OF YOUR GUT.

"Food and drinks with probiotics are good for your gut and boost your body's natural microbiome. I always try and grab some KeVita to get more probiotics into my day—it's delicious and makes me feel great."

5. BE PREPARED.

"Packing smartly actually lets me enjoy my adventures more. Having a favorite toy or activity for Sonny on-hand means a calmer travel day, and packing a capsule wardrobe for myself lets me mix and match items easily so I'm not spending time deciding what to wear. This allows me to focus on the trip itself!"

6. THINK BIG. ACT SMALL.

"I try to find ways to include small acts of kindness in my day, especially when I'm away from home...whether that's smiling at a stranger or paying someone a compliment. I feel at my best when I'm helping others – even small gestures like that can go a long way, and you never know if it might make someone's day!"

7. LET THE RULES GO.

"It's okay to stray away from your routine! Health is more than just eating healthy food and exercising—it's about our mindset, too. If you're stressing about working out and eating perfectly, then you're not appreciating the present moment."

