

LTL

LOOK GOOD. TRAVEL FAR. LIVE WELL.

YOUR FIRST STEP

Complimentary Edition

The LTL TRAVEL WELLNESS *Starter Kit*

FOUR ESSENTIAL STEPS TO HEALTHIER,
MORE ENJOYABLE TRAVEL

*Plan well.
Travel well.
Live well.*



TRAVEL SMART
*Essential planning
tips*



STAY WELL
*Simple wellness
essentials*



REST BETTER
*Practical habits for
the road*



EXPLORE MORE
*Make every moment
meaningful*

LOOK GOOD. TRAVEL FAR. LIVE WELL.



BEFORE YOU FLY

CHECKLIST

A FEW SIMPLE STEPS NOW LEAD TO
A SMOOTHER, HEALTHIER JOURNEY.



TRAVEL DOCUMENTS

Passport, visas, ID, tickets, and travel insurance confirmed and accessible.



FLIGHT PREPARATION

Check-in online, seat selection, and special requests completed.



HEALTH & WELLNESS

Hydrate, pack supplements, meds, and wellness essentials.



PACK SMART

Comfortable clothing, layers, and travel-sized toiletries.



TECH & CONNECTIVITY

Chargers, adapters, offline maps, and important contacts ready.



MIND & BODY

Rest well, eat light, and set a positive intention for your trip.



PLAN SMART.
TRAVEL WELL.
LIVE WELL.



Small preparations
make a big difference.



QUICK TIPS



Drink water consistently
the day before and
during travel.



Move your body
every few hours.



Protect your sleep
with an eye mask
and earplugs.



Choose whole foods
and limit alcohol
and sugar.



Arrive early, breathe
deeply, and enjoy
the journey.



*The way we travel shapes how we feel—and
how we live long after the journey ends.*

*Plan well.
Travel well.
Live well.*





AIRPORT CHECKLIST



SMART CHOICES AT THE AIRPORT SET
THE TONE FOR A BETTER JOURNEY.

Use this checklist to move through the airport
with less stress and more ease.



TRAVEL DOCUMENTS

Passport, visa, ID, tickets, and travel
insurance confirmed and accessible.

☐

CHECK-IN & BAGGAGE

Online check-in completed. Baggage checked
with time to spare.

☐

STAY HYDRATED

Bring an empty water bottle and refill
after security.

☐

EAT SMART

Choose whole foods that fuel your body
and avoid heavy, processed meals.

☐

KEEP MOVING

Take short walks, stretch, and move
your body regularly.

☐

KNOW YOUR GATE

Check gate location, boarding time,
and any updates.

☐

CREATE YOUR CALM

Noise-canceling headphones, calming music,
or deep breaths help reduce stress.

☐

TRAVEL WELL, STAY WELL

Sanitize hands, avoid touching your face,
and dress for comfort.

☐

PLAN WELL.
TRAVEL WELL.
LIVE WELL.



*A few mindful steps now
lead to a smoother,
healthier trip.*



AIRPORT WELLNESS TIPS



Drink water consistently
before and during
your flight.



Choose lighter meals
with protein, fiber,
and healthy fats.



Move every hour
to improve circulation
and energy.



Protect your sleep
with an eye mask
and earplugs.



Breathe deeply
and arrive calm,
not rushed.

“

*How you begin your journey matters.
Preparation today brings ease tomorrow.*

*Plan well.
Travel well.
Live well.*





LONG FLIGHT

WELLNESS CHECKLIST



SIMPLE STEPS FOR A MORE COMFORTABLE JOURNEY.

Use this checklist to support your body and mind on long flights so you can arrive feeling better, not worse.



HYDRATE CONSISTENTLY

Drink water throughout the flight. Avoid excess caffeine and alcohol.

☐

MOVE & STRETCH REGULARLY

Stand up, walk the aisle, and stretch every hour to improve circulation.

☐

BREATHE DEEPLY

Practice slow, deep breathing to reduce stress and support oxygen flow.

☐

PROTECT YOUR REST

Use an eye mask, earplugs, and a neck pillow to create the best rest possible.

☐

EAT LIGHT & SMART

Choose lighter meals with protein, fiber, and healthy fats to keep energy steady.

☐

SUPPORT YOUR BODY

Consider electrolytes, magnesium, or other supplements that support hydration and relaxation.

☐

KEEP SKIN & LIPS MOISTURIZED

Cabin air is dry—moisturize your skin and lips regularly.

☐

CREATE A CALM ENVIRONMENT

Listen to calming music, read, or meditate to help your mind relax.

☐

ADJUST TO YOUR DESTINATION

If possible, start aligning with your destination's time zone before you land.

☐

PLAN WELL.
TRAVEL WELL.
LIVE WELL.



*Small habits in the air
lead to big results
at your destination.*



QUICK TIPS



Sip water often—aim for a cup every hour.



Set a timer to move or stretch.



A good pillow and blanket make a huge difference.



Avoid heavy, salty, or overly sugary foods.



Magnesium and electrolytes can help reduce fatigue.



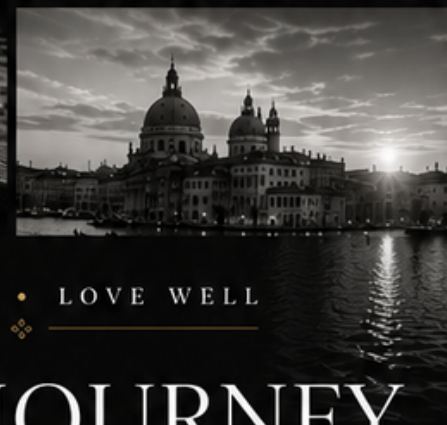
Arrive ready to enjoy, not recover.

“

Taking care of yourself on the flight is the first step to making your trip truly enjoyable.

*Plan well.
Travel well.
Live well.*





TRAVEL FAR • LOVE WELL

YOUR JOURNEY *Starts Here*



*Every trip is more than a destination.
It's a collection of moments,
memories, and experiences
that stay with you forever.
Plan well. Travel well.
Live well.*



CONTINUE YOUR JOURNEY

WITH THE COMPLETE

— LTL TRAVEL WELLNESS PLANNER —



TRAVEL SMARTER.



RECOVER FASTER.



ENJOY EVERY JOURNEY.

LTL

LOOK GOOD. TRAVEL FAR. LIVE WELL.