

Road Trip SURVIVAL KIT

Friday, May 24, is National Road Trip Day! To keep yourself entertained on your next trip, look for license plates from all 50 states and pack healthy treats like these:

- Small snack bags of your favorite nuts
- Dates filled with peanut butter
- String cheese or cheddar cheese cubes and apples



REP *Stop*

To keep from getting sore on long car rides, use rest stops as mini exercise breaks. Take a few moments to do squats or lunges in a safe spot near the parking lot. Then, stretch out your back, neck, wrists, and ankles. The movement will keep you alert, too!



THROUGH THE *Windshield*

"Nothing behind me, everything ahead of me, as is ever so on the road."

-Jack Kerouac