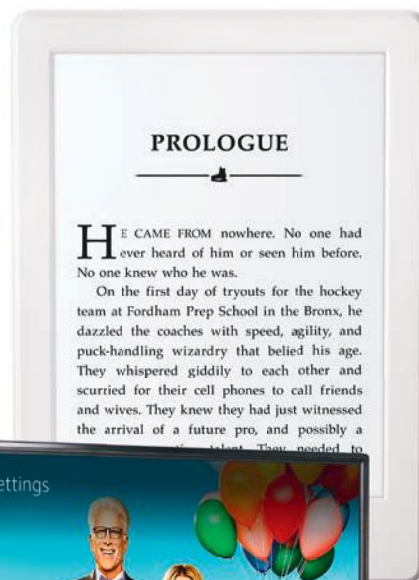


# It's (Amazon) Prime Time!

Introducing the new Amazon Prime Membership reward.

Exclusively available to John Hancock Vitality PLUS members!



*\*If a Vitality PLUS member does not achieve Platinum status and complete the VHR in a Program Year, they must accrue three new consecutive years meeting the required program milestones in order to be eligible for the reward again.*

*Amazon Prime benefit is not available in New York.*

The new, one-year Amazon Prime membership reward (courtesy of **John Hancock Vitality**) makes life a little easier by giving you access to what you want, when you want it—at **no cost!** Prime members get:

- ✓ **Free two-day shipping**
- ✓ **Movies and TV shows**
- ✓ **Music**
- ✓ **Kindle books**
- ✓ **Unlimited photo storage**



**How to Qualify:** Reach Platinum status and complete your Vitality Health Review (VHR) for three consecutive Program Years and you'll automatically qualify.

**Already a Prime member?** No problem. Qualify for your Prime membership reward and we'll cover the cost of an additional year to your existing membership.

**Bonus!** If you qualify for the reward, you'll receive an additional year of Prime membership for each consecutive Program Year you maintain your Platinum status and complete your VHR.\*

THE ULTIMATE GUIDE TO A (MOSTLY) HEALTHY

# SUMMER VACATION

Whether you're on a two-week summer jaunt through Europe, relaxing at a rental on the beach or simply enjoying a staycation at home, these easy-to-follow expert tips will help you stay on top of your health goals—no matter if you like to plan in advance or prefer to (mostly) wing it.

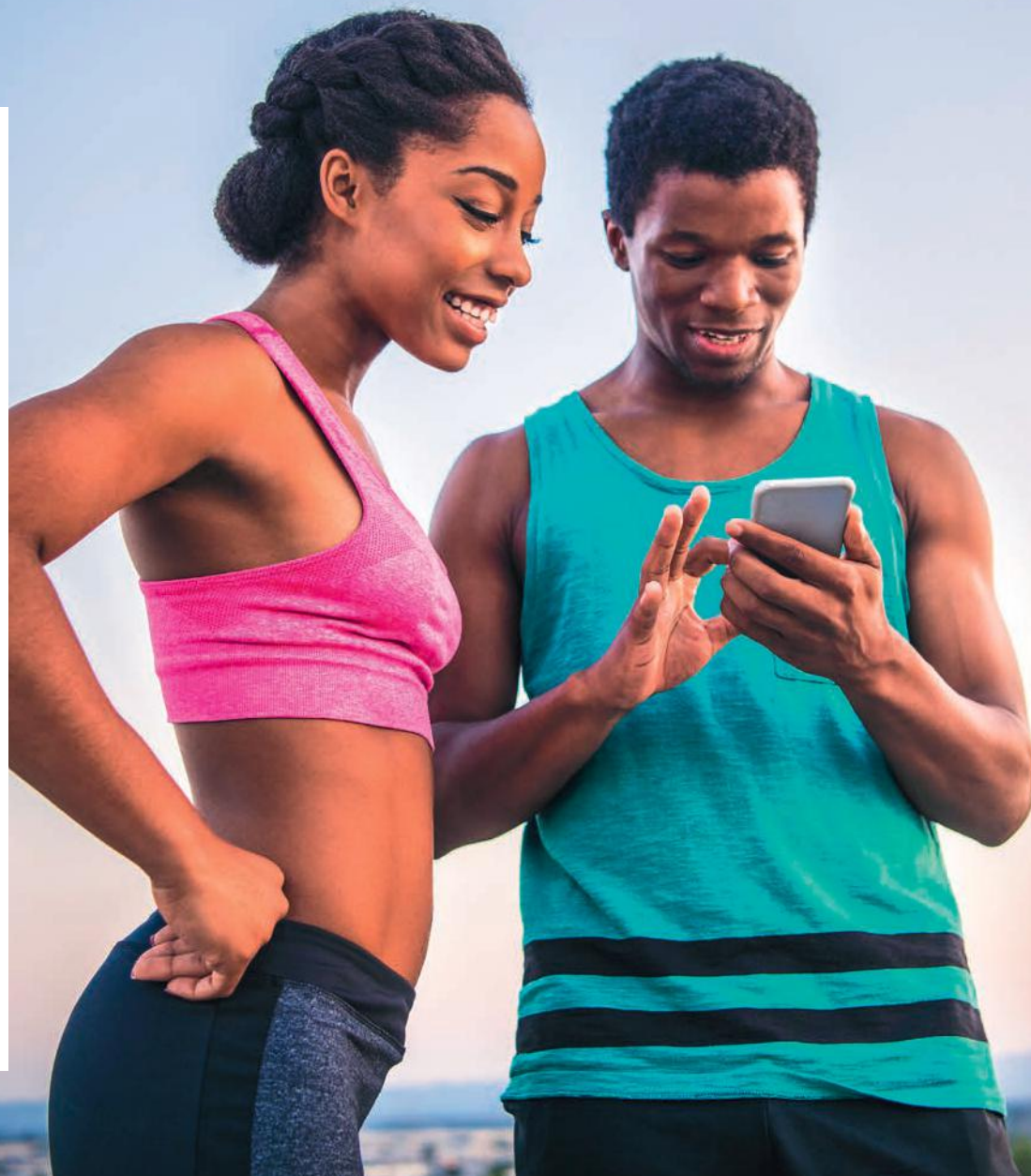
# Staying

# Fit

**Planning Level: Low**

## BYOW (Bring Your Own Workout!)

Whether you're a yoga fan, Jillian Michaels devotee or more of a Pilates enthusiast, creating a queue of favorite workouts for your computer, tablet or phone in advance means a quick morning or evening sweat sesh is just a click (or a tap) away. And having that added push from a digital program makes a difference: According to a study published in the *Journal of Medical Internet Research*, fitness apps promote positive behavioral changes, since it's easier to do a workout with the extra encouragement. Want ideas? Try the Daily Burn app, which has more than 1,000 workouts ranging from HIIT to yoga, or Freeletics, which comes with a personal coach.



### LEAD THE PACK

Bring sneakers, breathable workout clothes and headphones so that you'll always be ready to break a sweat!



**Forget your gear?**  
You may be in luck! Some hotels now provide essentials if you've left yours at home—the Westin, for example, offers a "Gear Lending" program where you can rent a full gym outfit and New Balance shoes for only \$5.

**Planning Level: High**

## Have a Fitness-First Trip

Want to keep fitness front and center? Seek out a vacation experience built fully around physical activities. Book a trip at a horse ranch in Montana, take a yoga retreat anywhere from the Catskills to Costa Rica or go on a surf experience in California—you'll stay active and still have an exciting and relaxing time. "I choose destinations where I can be moving and taking in beautiful scenery. Mountains where I can hike or oceans where I can swim or paddleboard are my favorite," says Danielle DeGroot, a registered dietitian nutritionist and an instructor at CorePower Yoga in Chicago.

**Planning Level: Medium**

## Channel Your Inner Explorer

Once you know where you're headed, spend some time researching your surroundings to see if there's a creative way to get from point A to point B—and raise your heart rate in the

process. Check out nearby bike rentals, parks, hiking trails or beach walks and plan activities and meals as stops along the way. "Not only will you engage your body in a new way, but you'll also get to explore a new environment and get the mental break and variety that makes a vacation feel satisfying," says Amy Sedgwick, M.D., FACEP, E-RYT, an emergency medicine doctor and yoga teacher in Portland, Maine.

# Mindfully

Planning Level: Low

## Get Selective

Vacations let us reconnect with others—and ourselves—which is often easier when we eliminate smartphone distractions. Before you go, set expectations with colleagues if you think work may pop up: “Let your team know you’ll check in at 10:30 a.m. and be unreachable the rest of the time,” suggests New York City-based speaker and consultant Holland Haiis, author of *Consciously Connecting: A Simple Process to Reconnect in a Disconnected World*. And once you’re away, try ditching your phone at certain times, like before bed. “You won’t ‘miss’ anything and will be better set to enjoy the vacation if you’re feeling refreshed and ready to get at it when you wake up,” Sedgwick says.

While it may seem counterintuitive, your phone can help you achieve this state of Zen, too. Listening to a podcast like Tara Brach’s Guided Meditations or using apps like Headspace or Calm can help set the peace-of-mind tone that you’re craving in as little as five minutes.

Planning Level: High

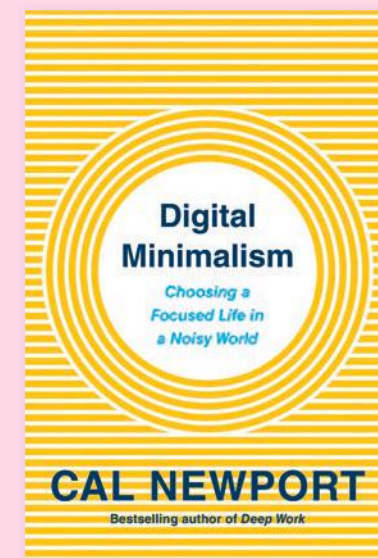
## Go Off the Grid

While some may want to spring for a “digital detox,” a style of vacation increasingly available at spas and retreat centers across the country, all you need for a truly analog experience is proximity to nature. According to the *Journal of Environmental Psychology*, as little as 15 minutes in the woods reduces cortisol, the hormone associated with stress. Look for a rental or hotel in a remote, wooded setting.



### LEAD THE PACK

Whether you go analog with books or digital with apps, immerse yourself in all things mindfulness on your trip.



Planning Level: Medium

## Become a Bookworm

Before you embark on your trip, check out books covering issues related to digital mindfulness. Here’s a list of great tomes on the topic to get you started: *Digital Minimalism: Choosing a Focused*

*Life in a Noisy World* by Cal Newport, which helps readers pare down and Marie Kondo their tech time; *Essentialism: The Disciplined Pursuit of Less* by Greg McKeown, which helps you rethink the clutter in your life; and *Off: Your Digital Detox for a Better Life* by Tanya Goodin, which gives practical tips for disconnecting from your device.

# Eating



**Planning Level: Low**

## Follow Your Intuition

One roadblock to relaxing on vacation? The feelings of guilt that can set in after indulging in foods like burgers and ice cream. To stem a “feast or famine” mentality while traveling, try practicing “intuitive eating,” a mindset increasingly popular with nutritionists and health experts: Take note of the foods that make you feel good (mentally, physically and emotionally), rather than those you think you *should* eat, and let those feelings drive your decisions. This practice also encompasses mindful eating, or paying attention to the food you eat while you eat it, which studies have shown can mitigate overeating.



### LEAD THE PACK

Fresh fruit, nuts, rice cakes and granola bars make for great on-the-go snacks.

**Planning Level: High**

## Cook like a Local

If you're excited to spend some time cooking seasonal food and relaxing, book a hotel or rental with a truly great (read: fun and easy-to-use) kitchen, and seek out a destination with nearby farmers markets and specialty food stores. Prep ahead by researching new recipes to go along with your regional finds, and allow the market's bounty to offer inspiration, keeping things local and in-season when you can. “Fit healthy eating into your summer vacation by grilling and choosing produce that's in-season,” DeGroot says. “In-season fruits and veggies always taste best—and grilling makes everything better.”

**Planning Level: Medium**

## Become a Pack Rat

Vacations can often involve a lot of movement and activities, so plan ahead for how you'll quell midday hunger pangs. Find a nearby grocery store and stock up on fresh fruit, nuts and whole-grain snacks before you embark on your day to help curb convenience-driven impulse purchases (and keep you from blowing your food budget). And be sure to carry or have access to water—often thirst is mistaken for hunger, so if you're well-hydrated, you'll eat better and have more overall energy, too.