

Leading Adventure Travel Expert Shares Tips for Adult Travelers of All Ages

According to the Travel Industry Association, 98 million people have taken an adventure trip in the past five years. Whether it's to escape the daily grind, catch up with an old friend, connect with family, or challenge one's body physically, adventure travel can be a fit for every type of person.

In fact, according to adventure travel expert and author Ward Luthi, adventure travel can mean different things to different people. Luthi is the founder and president of Walking the World, an outdoor adventure program that encourages people 50 plus to travel to new places. "There are destinations and activities for every age and lifestyle ranging from light to heavy intensity. It can be walking through the Costa Rica rainforests, hiking local trails in your own area or even taking a short day-trip to somewhere you haven't been before."

A recent Nature Made Wellness Advisor survey found that 30 percent of respondents reported feeling like they were adventurers, but only when they were younger. "Age doesn't have to limit your activity level," Luthi states. "There are simple proactive measures adults can take to prepare their bodies for an adventure, and there is an adventure for every type of personality and interest."

Luthi's top five tips include:

- ★ **Do Your Homework:** Gather any maps you may need. Check the weather forecast so you know what climate to expect. And, always make sure that someone knows where you are going and how they can contact you if needed.
- ★ **Nutlify Your Body:** A balanced, nutrient-rich diet provides active adults with the energy and strength they need to set out on any adventure. This includes drinking lots of water and avoiding fried or fatty foods, which can lead to fatigue. "When you are on the trail, a healthy snack I call "GORP" ("good 'ol raisins and peanuts") helps maintain travelers' blood-sugar levels and energy. Along with plenty of water, keep a small bag in your backpack for an energizing snack every hour," says Luthi.
- ★ **Jump Start Your Joint Health:** Adventure can take a toll on the body, especially joints. Many need extra support while on a trip. "A way to support joints naturally can be through a glucosamine-product, such as the new Nature Made TripleFlex Rapid Relief, which includes white willow bark to help relieve joint discomfort in as little as seven days. This is faster than traditional products and can prepare my travelers for an adventure in just a week's time," shares Luthi.
- ★ **Dress the Part:** "Do not underestimate the power of comfortable shoes and socks," Luthi stresses. When you properly prepare your feet for the impact of uncertain and sometimes rough terrain you are on, your entire body will reap the benefits with less aches and pains. "Also, always carry a baseball or wide-brim hat to shield the sun from eyes and skin."
- ★ **Bring Back-Up:** Protective gear can help make the most of an unanticipated situation. No matter what the weather or location, always wear and bring extra sunscreen. On larger adventures bring extra snacks, rain gear, small first aid kit, small butane lighter, compass and emergency signal to make yourself prepared in case of extreme weather, an injury or if you find yourself off trail.

"I've found that adventure travel offers us some of the best opportunities to live life fully, to explore other lands, to experience new cultures, to make new friends and learn more about ourselves," says Luthi. "It stretches us physically, mentally and emotionally. Once many start, they never turn back."

To learn more about Luthi's adventure travel tips, visit www.WalkingTheWorld.com. Also, for a limited time as travel season is picking up, visit www.TripleFlex.com to redeem \$10 in coupons. For a list of local activities and trails, contact your local visitor's bureau.