

TOP TIPS



for a High-Altitude Conference

Denver really is exactly one mile high. If you're not used to the altitude, regardless of your fitness level, you may experience some of the milder symptoms of altitude sickness – including headache, dizziness or fatigue.

Don't let this scare you, though. This is just your body's reaction to thinner, dryer air, and symptoms should clear after a day or two. Many people with respiratory problems even relocate to mountainous regions for the benefits of this dryer air.

Follow a few simple guidelines to avoid feeling out of sorts:

Know Yourself

If you're prone to headaches, be sure to pack your pain reliever of choice. It's always a good idea to check with your doctor if you have any medical conditions that might be affected by the altitude.



Arrive Early to Acclimate

Luckily, Denver is a great place to visit – so make the most of your trip by arriving a couple of days prior to Annual Conference and getting plenty of rest so you feel your best for education and networking.



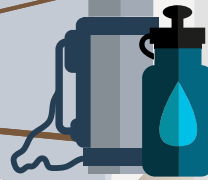
Dress in Layers

Denver in April is sure to be chilly. But because of the bright sunshine, it can feel much warmer than the actual temperature during the day. When night comes, have your layers ready to face the cold.

Disclaimer: These tips are not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Stay Hydrated

That means drinking lots of water – not just coffee and soda! Before your trip to Denver and throughout the conference, keep a water bottle close by and drink about twice as much as you would normally. The low humidity in Colorado keeps the air dry, like the desert, so you will need the extra H₂O.



Take It Easy

Everything has more of an effect on your body at this altitude, including alcohol, exercise and sunshine.

- Consider limiting your alcohol intake, as you will feel the effects of each drink more so than you would at sea level.
- Wear plenty of sunscreen, as there's 25 percent less protection from the sun.
- It's admirable to want to stay fit during your trip! But you might want to consider lower-intensity exercise than you would do at home, to avoid fatigue.

