

Staying on Track while Traveling!



Remember, throughout the rest of our lives we will travel (hopefully!), go on vacation, see relatives and for business purposes. It is an important part of our health and fitness to ensure that the wheels don't come off during these stints, assuming it can make up almost 1/12th or more of your year! Look at this as a great opportunity to grow and learn, it is a very helpful life tip in the current world to know how to stay healthy on the go.

Plan in Advance:

- Before you go to bed at night, try to think about what your day might look like tomorrow. What restaurants will you eat at (look over menus online), what foods will you have with you in a cooler or fridge, and what will you need to go and get to help you.

Ask your hotel for a refrigerator:

- Most hotels can provide this if you ask ahead of time. If you explain that you have a medication that requires refrigeration they are required to give one to you.

If you are driving, bring a small George Foreman. If you are staying for a longer period of time, think of investing in one (usually \$30-45, and can save you hundreds on eating out).

If you're eating out at a restaurant, follow the **“Restaurant Guide”**

Some easily packable foods for on the go:

- Perfect Food Bars
- RX Bars
- Epic Food Bars
- Bag of Raw Nuts
- Rice Cakes
- Bag of Protein Powder
- Pre-made Oats (goes well in a Mason Jar)
- Tuna Cans/Packs
- Microwaveable Rice

Hydration is key when traveling, especially on planes. Set a goal to finish at least (2) 20oz waters in addition to a normal day. Bring an Empty bottle with you to refill after security.

Purchasing Tupperware or packing some and bringing it with you can be key. Don't be afraid to ask for a Burger Patty and Veggies to go when getting the check from a Restaurant.

Places that Cater can provide Veggies and Chicken breasts in a “party platter” and set you up for a full week! (Applebees, Outback, Chili's, etc.) This will save you time and money.