

## HEALTHY living on the go

We all know that eating well and exercising daily has great health benefits but staying on top of your game at home and work along with a busy schedule can throw a real wrench into your health and fitness goals. While it may take some planning and initiative, formulating a plan for fitness and healthy eating on the go can enhance every part of your busy life.

### Back at the Ranch

Although being at home often makes healthy living easier than when you travel; daily responsibilities with family, friends and work can leave you juggling multiple tasks, making healthy living more challenging. They say a new habit takes 21-days to ingrain so try some of these tips for the next 3 weeks to form your new healthy living routine:

### Get Moving to Stay Fit.

**Plan Ahead.** Pack a bag with everything you will need for the gym or your preferred workout. Some helpful products for staying prepared include facial wipes, dry shampoo, mini blow-dryers, travel toiletries and more.

**Write it Down.** Write your workout into your planner or calendar just like it's a meeting for work or your child's soccer game. You're more likely to show up if you commit.

**Spice up your commute.** Make your workout part of your commute. Bike or walk to work if you can. If this is not feasible try a quick power walk at lunch or opt for the stairs instead of the elevator.

**Track your progress.** Check out Jawbone or Fitbit wireless activity wristbands that link to mobile app devices and make it easy to track your steps, distance, calories, sleep and more. It also makes it more fun!

### Yum, what's that you got in your bag?

**Plan Ahead.** Eating healthy on the go is all about planning. If you plan ahead, stay hydrated and always have quick access to healthy, whole foods you can keep cravings at bay. Keeping your body satisfied and well-fueled is imperative for avoiding fast food and other unhealthy snacks while you are living life.

#### **Pack Snacks that can easily travel with you.**

Pieces of whole fruit make great snacks to tide you over between meals or can even serve as part of a meal.

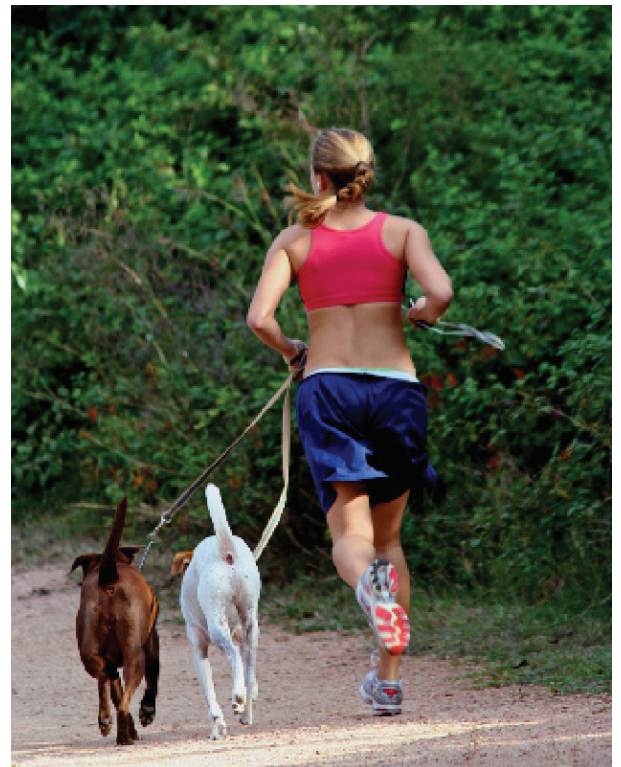
Raw nuts and healthy trail mixes provide a boost of protein and healthy fats and they don't need to be kept cold- go for raw nuts, not salted or roasted.

Chop up veggies and take them in a baggie – slices of bell pepper, celery sticks, radishes, baby carrots, etc.

Pack a sandwich that can travel with you without having to be kept cold, such as almond butter on whole grain sprouted bread, gluten free bread or crackers.

**Drink Up.** The key to keeping you hydrated, healthy, and energetic is to drink plenty of water. Toss some fresh fruit in a travel stainless steel water bottle to keep the flavors fresh and nutritious.

**Get Barred.** Find your favorite protein or energy bar. Choose one that is made from whole food, minimally processed ingredients, and is high in protein and fiber. Many bars can be loaded with sugar – read the label so you know what you are eating! Try to select a bar with at least 8g protein and less than 12g sugar (sometimes bars will be higher in sugar if it contains “natural” sugars from dates or dried fruits). Talk to our Health Coach at [Back 2 Normal](#) to learn about [Vega bars](#) or [Aspen Organix bars](#).



## All aboard, the plane is about to depart

Whether you are traveling for business or pleasure, a week or more of rich foods and inactivity can certainly put a damper on all the hard work you've been doing back at home. Keep treats and indulgences in moderation and keep healthy, whole food snacks accessible so you can make sure to get the nutrition your body needs! Check out these tips to help you stay on track when away from home:

### Pack your workout gear and come prepared.

#### Plan ahead.

Call the hotel/resort before you leave to find out what accommodations are available such as gym facilities at hotel, fitness classes, walking paths/trails, pool and hours of operation. Before departing, making a workout schedule to hold yourself accountable. This will help you plan your activities and help you pack items needed to stay fit.

Also checkout local gyms or fitness centers that may offer weekly drop in rates. Many facilities' memberships are usable all over the country. Check your current gym membership details before you leave so you will be prepared. There may be new classes or equipment at this facility that you haven't tried before and can spice up your routine.

If you don't know the new city where you are staying, try an app such as MAPMYRUN or RUNKEEPER to find a map and keep track of your distance. Take a 30 minute walk or jog and then complete the following 100 rep challenge:

10 push ups - hands on a bench or curb	10 stationary lunges - right leg back	10 stationary lunges - left leg back
10 push ups - feet on bench or curb	10 tricep dips - extend right leg	10 tricep dips - extend left leg
10 squats with right leg lift	10 squats with left leg lift	10 burpees!

**Do as the locals do.** Are you at a beach resort? Try stand up paddle boarding, kayaking or surfing. Staying near a National Park or wildlife area? Take a hike, go mountain biking or running. If you test out a new activity, it won't feel like a boring workout if it's something different.

### Help, eating out is so challenging, how do I stay on my program?

#### Planes, trains and automobiles.

Whatever your mode of transportation is for your trip, being prepared is key. Bring healthy snacks, such as protein bars, nuts and trail mix. For longer flights be sure to drink extra water and limit your caffeine, sodas and alcohol beverages, as they tend cause dehydration.

#### Hotels.

Ask for a mini-refrigerator in your room. You can store perishable items and even go to a local grocery store to stock-up on healthy snacks and food such as fruit, vegetables, nut butters, organic Greek yogurts, and plenty of water.

Many hotels offer complimentary breakfast. Choose nutrient-dense items such as fruit, lean protein from a hard-boiled egg, or heart healthy oatmeal. Avoid pre-packaged items such as donuts, pastries, muffins, or sugary cereals.

#### Restaurants.

Portion control, portion control! Avoid buffets and fried foods that will leave you feeling sluggish and heavy. Split your entrée in half when it is served, either to share or to eat the other portion later.

Start your meal with a green salad in a restaurant. You will be eating good-for-you foods that are high in fiber and will help fill you up so you are less likely to overeat. An added bonus is that veggies are high in water content to help keep you hydrated.

Be careful of dressings, sauces and condiments that are often high-calorie and loaded with sugar and sodium. Ask for them on the side.

Don't be afraid to ask how items are prepared so you know what you are eating and most chefs will accommodate requests to meet your needs.

Pull out that laptop or smart phone and research before you go. There are several websites and apps where you can look up suggestions for healthy restaurants by city.

Some good options are Asian, Chinese, or Thai restaurants where you can get brown rice and vegetables, restaurants where you can order lean, grilled meat or fish and vegetables, and especially places that serve local and organic foods.

Special Thanks to Megan Kahn, Integrative Health Coach and Christie Bruner, Performance Coach for contributing to this month's Performance for Life education topic. To learn more about the services they provide, checkout [www.back2normalpt.com](http://www.back2normalpt.com)