

# Travel Tips

from Coach Amy

Maintaining a healthy lifestyle is very doable, even when on vacation! All it takes is a little preparation and a positive attitude.

## **Tip #1: WHAT TO PACK**

- Copy of your approved foods list  
*Always save a photo of your current food list on your phone*
- Water bottle
- Shaker bottle
- Supplements and Daily Pill Box (do not forget these at home!)  
*To make packing the supplements easier, get snack baggies for each supplement and count out the number of each that you will need for the week. Write the name of the supplement on the baggie as well as the dosage information. Take your daily pill box and fill it each night before you go to bed with what you will need for the following day. Make sure to take it with you everyday when you leave your place of lodging. You can also pre-measure your shakes and fiber into baggies to reduce the packing space in your suitcase.*
- Snack-sized baggies for filling with snacks to take with you
- Daily food journal pages
- Weekly weight/measurement tracker sheet
- Tailor's tape measure  
*There's no excuse for not checking in on Monday mornings. Most hotels have a fitness center with a scale. WARNING: Don't get overly freaked out by the number on the scale...each scale will weigh a little differently, so your weight while on vacation may or may not be a true indicator of where you really are. We are always more concerned with the inches anyway. So, if you're prone to freaking out over the number on the scale, just skip that part altogether and track measurements alone while away from home. Then, once you get back home the following Monday step on your own scale and celebrate your losses!*

## **Tip #2: WHAT TO EAT**

If you are eating out for most meals, you'll be amazed to find that restaurants do have healthy options for you!

### **Phase 1:**

- Order a salad holding all cheese, bacon, croutons, etc. Load up on the good veggies.

- If you want to order a vegetable plate, tell the server to ask the chef to prepare your veggies without oil or butter. They will do this for you, but it's up to you to ask.
- If you would like fruit with your meal, even if there's none listed on the menu, most restaurants normally have oranges at the bar for some of the mixed drinks. Tell your server you would like a couple of orange slices (you may need to tell them to ask the bartender).
- Don't forget that you'll need an appropriate portion (2.5 ounces for women, 3-4 ounces for men) of protein with both breakfast and dinner. Eggs and grilled chicken are almost always available at restaurants, but any other proteins from your food list are also acceptable.

### **Phase 2:**

- Ask the server to have the chef prepare your meal with no added oils (unless you know for certain that the restaurant uses healthy oils as listed on the food list).
- Get creative. Look for broiled, blackened, steamed, baked, roasted, grilled, or sautéed in the description, and don't be afraid to ask the server to leave off any foods that aren't appropriate for Phase 2.
- Avoid anything fried, battered, buttery, creamy, crispy, cheesy, breaded, smothered, or glazed. Don't be afraid to ask if you are unsure.
- Chicken and fish are your best choices. Don't forget, you don't have to always have chicken breasts. Dark meat is okay too. You just always need to make sure it is skinless.

### **Always:**

- Take your CORE before your two largest meals of the day. This may be a little different than your normal schedule at home, but that's ok.
- Pre-measure your fiber into snack size baggies and carry it with you to the restaurant. Mix it into a glass of water and drink it as your beverage for your heaviest meal.
- Drink LOTS of water while you are traveling.
- If you are staying somewhere with a refrigerator, take (or purchase after you arrive at destination) fruits, vegetables, and nuts (if on modified Phase 2 or Phase 3) and bag them up for quick grab and go snacks. Don't get caught unprepared. This is when it is tempting to make a bad choice "just this once"...

### **Tip #3: EXERCISE**

Just because you are on vacation doesn't mean you can skip getting a workout in.

- If you are staying in a hotel with a fitness center, get up a little earlier and head down there to get a 30 minute workout in. It doesn't have to take an hour...30 minutes is far better than skipping it all together.
- If you are staying somewhere without a fitness center, or prefer another option, go outdoors and enjoy nature with a brisk walk or swim laps.

**Remember, your Coach is only a text or phone call away. If you have questions, just ask. That's what we are here for and we are more than happy to help you reach and maintain your goals. Plan ahead so you can enjoy your vacation when you are there. Come home from vacation proud of yourself and excited about the progress you made while you were traveling.**