

## **Fitness on the Road**

When we go on vacation, it often means a vacation from our healthier eating and exercise habits as well. Being around friends and family usually means larger portion sizes and less control over what is being served. Most people want to make smart choices, but once the menu is placed in front of them, they choose what looks or sounds delicious.

The following are some tips to stay on a healthy track while vacationing:

**Pack a home gym** – All you need are your sneakers, a towel and if possible, an exercise band. You can do many of the same strength training activities you do at home on the road, just in modified version. Using your own body weight is excellent resistance as well. Some great exercises that do not require equipment are the: abdominal crunch, tricep dip, push up, wall squat, plank, leg lifts, jumping jacks and stair climbing.

**Incorporate exercise into your vacation** – Many hotels are now equipped with gyms. Even if they have limited machinery, something is better than nothing. Or you could get an excellent workout by splashing around in the pool with your friends or children. Some hotels even offer membership at a local gym, so find out what is available. If a gym is not an option, try walking to places instead of driving or taking local transportation. Those extra few steps will add up throughout the day and the trip. If you are camping, try a new trail.

**View menus online or outside the restaurant** – Many restaurants now make their menus available online, so you can make a healthy selection ahead of time. Also, some have their menus posted outside or you can look at them while you are waiting. If you would like to order something you really want, ask a friend or family member to share it. Often you cannot take the extra food back to your hotel, so you feel guilty. You paid a lot for your meal, you should finish it. If you share the meal, then you are full and guilt free. If a buffet is the only option for that meal, load up on salad and other healthier selections. Vegetables often help make you feel more full and eat less.

**Order an appetizer** – Ordering an appetizer such as a broth based soup or a salad will allow you to feel full sooner, therefore you will eat less. It also brings food to you quickly to satisfy your hunger. Be conscious of the toppings on the salad as those can be just as unhealthy as a giant cheeseburger. Ask for dressing on the side or a light dressing. If possible, try to order the salad bar. That way you can make all of the healthy selections.