

# My Check List For A Healthy Vacation

Nobody should have to fear the dreaded and unnecessary “vacation weight gain”. There are many ways to avoid this phenomenon and still enjoy your vacation to the fullest. Before zooming off to paradise, make sure you can cross these items off your checklist in order to maintain your health and fitness during your well-deserved time off!

## What Do I Have Access To?

1. **Research your hotel** (or rental) to see if there is an exercise facility present and what the hours and costs are.
2. If there is no gym in the hotel, ask if there is a safely **lit stairwell or a walking trail** near by.
3. Always **take the stairs** if able! This will give you plenty of extra steps and will take about the same amount of time as waiting for an elevator.

## These Shoes Are Made For Walkin’

1. **Pack proper equipment** for exercise. Supportive walking/running shoes, shirts and short/pants, sports bras... You are packing a bag to take care of your health!
2. If there is a **washing machine** in your location, you only have to pack one or two sets of clothing.
3. **Resistance bands and workout apps** are also lightweight and easy to exercise with in your hotel room or a nearby park area.



## Planning Around My Health

1. First and foremost, **pick a vacation site that allows for activity and exercise:** the beach, lake, and mountain areas all provide a great exercise environment for the whole family.
2. Plan it into your site seeing. **Walk to restaurants and city sights** while exploring your vacation spot. This will save unnecessary costs on taxicabs, trains, and busses. Renting bikes is also a fun and healthy travel alternative.

## Do My Restaurant Homework

1. Look up nearby **restaurants that have healthy menu choices** and are even in walking distance from your temporary home!
2. You can also make a trip to the grocery store to **purchase healthy snacks** if there is food storage in your room. This will prevent stopping at the first (and most likely unhealthy) place you see while out on the town.



## Get Adventurous

1. Rent a **bike, kayak, pedal boat, surfboard, boogie boards**, etc. These are enjoyable activities for the whole family that will also provide a great workout.



## BUSINESS AND PLEASURE!

### THESE TIPS WILL WORK ON BUSINESS TRIPS, TOO.

Including the 5 tips above, there are additional ways to stay healthy on a business trip, as well. Here are a few more specifics:

- Download yoga and other exercise apps on your phone, computer, or iPad; Find the ones you like best *before* your trip.
- Allow at least 30 minutes of extra time before your day begins for exercise in your room, outside, or at the hotel gym.
- Do resistance training (push-ups, lunges, planks) using your body as your weight load; no extra equipment needed.
- Choose healthy meals and water when eating out.



Resources:

Asp, K. (n.d.). 10 Easy Tricks to Avoid Vacation Weight Gain. *Woman's Day*. Retrieved July 6, 2014, from <http://www.womansday.com/health-fitness/diet-weight-loss/active-vacations#slide-3>

Missett, J. (n.d.). 10 Ways to Get a Workout on Vacation. *Active.com*. Retrieved July 6, 2014, from <http://www.active.com/travel/articles/10-ways-to-get-a-workout-on-vacation-879787>