



## Travel Tips

Traveling can be fun, and if prepared, easy to stay healthy(ish). While it's okay to indulge a little on vacation, you will be much happier if you stay on track.

Enjoy! Xoxo Lara

- Drink water - staying hydrated will keep you from mistaking thirst for hunger. Every Health Guide I write, I will start with drinking water. Bring a re-usable water bottle with you!
- Look for a hotel with a kitchenette and scout out grocery stores near your hotel (some even have hotel delivery and can be pre- ordered prior to arriving)
- Pack food non-perishable items, Pack snacks - (Nuts and seeds, single nut butter packets, fresh or dried fruit, I love traveling with GOJI berries), if your own foods are readily available this will help you make healthier choices.
- Pack perishable items in a cooler bag. Bring pre-cooked food in a cooler bag. Items like homemade protein bars, sliced chicken, quinoa, hard-boiled eggs keep well and can be placed in a cooler bag. If traveling by plane, this can be taken through airport security. You can fill a baggy with ice after you get through security to keep it cold. Solid food is allowed: Cooked chicken breast, quinoa/veggie stir fry, hard boiled eggs, hummus and veggies
- It's okay to say no to free foods at meetings and conferences. Just because it's free doesn't mean you have to eat it. It's most likely food packed with lots and carbs and very few essential nutrients.
- Avoid thinking you have to indulge just because you are on vacation or away from home. Grilled chicken, fish and salads that have a light dressing are all great options to pick at restaurants.
- Have fun and focus on the people you meet and relationships to make!
- Stay active, explore new areas by walking, always be safe. Do a 15 minute hotel room work out: Jumping jacks, push ups, squats, sit ups, you get the hint.....