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STAYING HEALTHY ON THE ROAD

OVERVIEW

- ✖ Excuses
- ✖ Preparation
- ✖ What to Eat
- ✖ What to Do
- ✖ Emotional Health



EXCUSES

- ✗ NO time
- ✗ Eating Healthy is expensive
- ✗ Nobody else is doing it
- ✗ I can't say no to free food...that is rude!
- ✗ Traveling

PREPARATION

- ✗ Meal Prep
- ✗ Write out your week
- ✗ Check hotel site for fitness facility
- ✗ Pack comfortable exercise gear
- ✗ Bring small cooler for snacks
- ✗ If you are running on your own: bring phone, whistle, etc.
- ✗ Accountability- find a workout buddy
- ✗ Planning is your key to SUCCESS



WHAT TO EAT

× In the Car

- + Water
- + Fruit and veggies
- + Granola bars
- + String cheese
- + Whole grain chips/crackers
- + Nuts like almonds, cashews, walnuts
- + Sandwiches on whole grain bread, PB & J/lean meat



WHAT TO EAT

× In Hotel

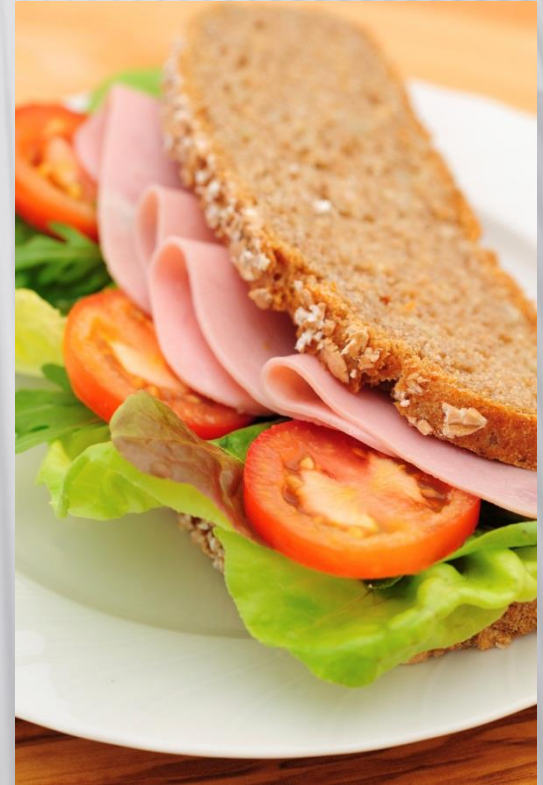
- + Cereal with low fat milk
- + Fresh fruit
- + Yogurt
- + Oatmeal
- + Omelet with veggies
- + Whole wheat toast/muffin
- + Avoid muffins, sweet rolls, sugary cereal



WHAT TO EAT

✗ At College Fairs/Work Events

- + Water, avoid sugary pop
- + Whole grain sandwiches
- + Use mustard instead of mayo
- + Fresh fruit, veggies, avoid chips
- + Skip the cookies and desserts
- + Don't arrive starving



WHAT TO EAT

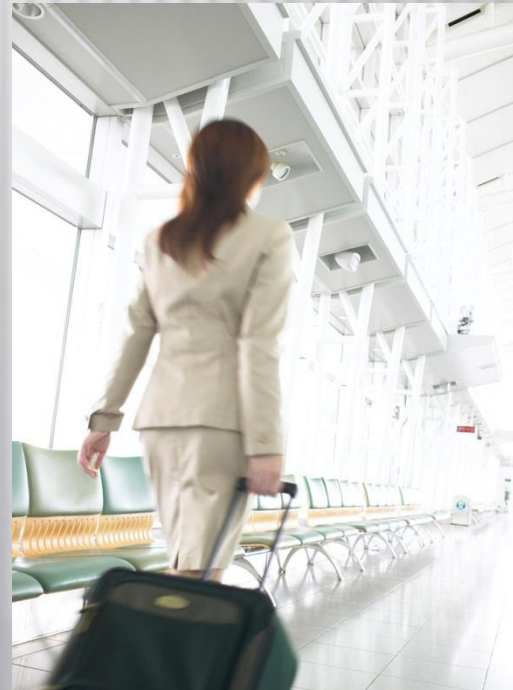
✗ At Restaurants

- + Water
- + Build own sandwiches, Subway / Quiznos
- + Soup and salad, avoid high fat options
- + Choose grilled meats over fried
- + Veggies instead of fries
- + Skip dessert, select fruit
- + Leftovers for next night
- + Fast food vs. local market



WHAT TO DO

- ✖ Driving, Rest Stop, Walk and Stretch
- ✖ Flying, Walk the airport
- ✖ Stretch on Plane



WHAT TO DO

✗ In Hotel

- + Use fitness facility or pool
- + Ask for safe area to run/walk
- + Walk to locate restaurant
- + Run/walk the stairs
- + YouTube video workouts
- + Exercise in room



WHAT TO DO

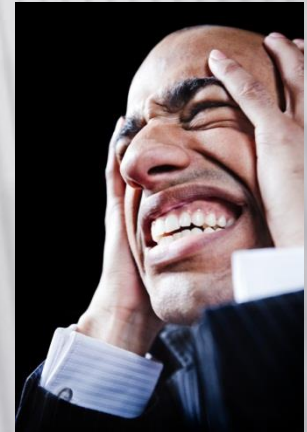
✖ Sample Exercise Routine

- + Jumping Jacks
- + Sit Ups
- + Push ups
- + Jump Rope
- + Bands
- + Quality VS. Quantity



EMOTIONAL HEALTH

- ✗ LONG Days during Travel Season
- ✗ Stay organized, set goals
- ✗ What is important to YOU?
- ✗ Treat Your Body Right
 - + Sleep and nap
 - + Exercise
 - + Eat healthy
 - + Carry hand sanitizer



EMOTIONAL HEALTH

- ✖ Find Travel Buddies
 - + Dinner or movie
 - + Attend a fair or festival
 - + Share stories
 - + Workout buddy
- ✖ Find Something Relaxing
 - + Read a book
 - + Listen to music
 - + Soak in a tub
 - + Mediate
 - + Do something for YOURSELF



RESOURCES

✖ Food Resources

- ✖ Fast Food Calories by nanobitsoftware.com (free) available at iTunes
- ✖ My Fitness Pal App/ Lose It App
- ✖ <http://paleomg.com/>
- ✖ <http://www.cleaneatingmag.com/>
- + <http://www.calorieking.com/foods/>

✖ Fitness YouTube Videos

- + Dorm Room Workout Videos by Exercise TV
- + SparkPeople.com, 10 minute toning videos

