

# A guide to staying on track while traveling

## WHY TRAVEL IN THE FIRST PLACE?

DISCOVER WHY YOU SHOULD TRAVEL  
FOR YOUR SAKE.

## TOP SIX TRAVEL HACKS!

LEARN HOW TO STAY  
COMMITTED TO YOUR GOALS.





# Why Travel?

Travel is good for lots of things, but it can also increase mental well-being - and not just in the short-term. Whether you're traveling for business, on a family vacation, or going on a solo mission to find yourself, traveling can make you a happier person by building self-confidence, providing new experiences and memories, breaking routine and allowing you to meet people from all over the world.

But trying to enjoy all aspects of traveling and still stick to your goals on your journey to weight loss can be difficult. But not impossible. Here are 10 easy to follow tips to help keep you on track while you're traveling.





# How to stay on track towards your goals

## 1. PACK THE ESSENTIAL TRAVELING WORKOUT ITEMS.

Along with the appropriate workout clothes and shoes, invest in resistance loop exercise bands, a jumprope, some sliding exercise discs, an exercise resistance tube, and a easy travel towel that you can throw down anywhere. There are hundreds of exercises you can search for on Pinterest, instagram or the internet!

## 2. BRING THE RIGHT FOODS

Meal prep for when you are on the plane so you don't succumb to eating that high sodium yucky airplane food. Make sure to bring along with you or purchase at the grocery store healthy snacks that still fit in your macros. Try Quest bars, nuts, pre-made hard boiled eggs, jerky, high fiber fruit, or even protein powder in baggies ready to mix with water!

## 3. KEEP EVERYTHING YOU CONSUME IN MODERATION

The last thing you want to miss out on is the incredible cuisine other places have to offer. Unless it's sugar filled or deep fried, go ahead and take a small bite. With a SMALL bite, you can satisfy your taste buds and not have to be party pooper!

## 4. CHOOSE TO EXPLORE ON YOUR FEET

The best way to tour any new place is by foot (or bike). Choose activities that involve moving and walking, you'd be surprised how many miles you can rack up. Explore nature by taking guided hikes or research activities that may involve some sort of exercise.



## 5. SET GOALS AND SHARE THEM

Tell your family you have a goal to get a workout in the hotel every morning before you start your day and have them hold you accountable. Make it a goal to track everything you eat on your MyFitness Pal app. If you're feeling up to it, share with your fans on social media your goals and make sure to take them along the journey with you.

## 6. PLAN AHEAD

Being prepared is the best way to stay on track. Book a hotel that has an exercise room, have your hotel friendly workouts ready, plan when you will go on those long walks on the beach or exercise filled excursions so there will be no excuses not to do it.

