

Weight Control While Traveling



Many people may find it hard to follow their normal diet and exercise routine when they are away from home. Whether you are traveling for business or pleasure, a variety of factors can impact your plans to get physical activity and eat healthy. The next time you are going on a trip, plan in advance to maintain your healthy habits while you are away.

Be Calorie Smart

Make time for breakfast – When you are on the road, mealtimes may come at odd hours. Eating a healthy breakfast high in protein, complex carbohydrates and fiber will provide you with energy and help reduce hunger throughout the day.

Plan your calories – If you know you will be having a larger meal later in the day, eat fewer calories for your other meals and snacks to balance the increase in calories later on.

Pack snacks – Carry protein bars, nuts, pretzels, and fruit with you for a healthy snack anytime.

Limit your alcohol intake – Alcohol is full of calories and may make you eat more. If you drink, have a glass of water after each alcoholic beverage.

Getting Daily Activity

Bring your own gym – A resistance band or a jump rope, combined with an exercise DVD or an app on your phone can provide a well-rounded workout if your hotel room is the only area available to you.

Get your steps in – Avoid elevators and use the stairs in your hotel or meeting place. Park farther away and walk whenever possible.

Use hotel facilities – Some hotels have a fitness room or pool available for guests to use. Pack gym clothes, sneakers and swimwear.

Get up early – Set your alarm to go off 30 minutes earlier to get your workout in first thing in the morning.

Ask the front desk – For longer stays, see if there is a nearby gym offering fitness classes or daily memberships.

Go sightseeing – Ask the hotel staff for some interesting sights within walking distance, then go explore!

Plan seasonal activities – In warm weather, try hiking, biking, golfing, or tennis. In winter, go sledding, snow skiing or ice skating.

Being away from home doesn't need to be a setback to your eating and exercise routine. Get creative and plan ahead to keep your weight under control the next time you travel.



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