**![C:\Users\Mindy Kae\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\Y3SYCFO7\MC900320354[1].wmf]()![C:\Users\Mindy Kae\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\Y3SYCFO7\MC900410747[1].wmf]()![C:\Users\Mindy Kae\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\W1512P60\MC900120927[1].wmf]()![C:\Users\Mindy Kae\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\FY4RH0R1\MC900358957[1].wmf]()**Travel Dos:

 Be the bulge away from home

**Exercise Tips:**

* Plan for exercise -

Walk in airports or malls; bring a change of shoes if need be.

Use hotel pool, tennis court, gym, walking paths. Walk everywhere you can and take stairs.

* No Room for weights- resistance bands can easily be packed into a suitcase or carry-on.

Use these bands for exercises such as chest press, rows, shoulder press, tricep extensions, bicep curls, squats, hamstring curls, and many others. Jump ropes and light dumbbells can also be taken along on trips. Go to  [www.body-bands.com](http://www.body-bands.com/) for free demos of exercises for a 10, 20, or 30 minute workout.

* Look for activities, tourist attractions, and site seeing trips that will get you moving such as kayaking, canoeing, swimming, hiking, biking, beach volleyball, etc.
* Download a travel fitness app on your smart phone

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**Restaurant Tips:**

* Research which restaurants will be available at the airports that you will be at and healthy options available at them
* Split a meal with your dining partner
* Look for a section on the menu that offers healthy selections
* Pass on the free bread/chips/breadsticks that are often offered before the meal
* Download a healthy travel app on your smart phone

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**Beat the Hunger:**

* Short on time pack snacks that travel-

whole grain crackers, almonds, walnuts, fresh or dry fruit, granola bars, and

Pop top canned tuna. 100-200 Calories is a good snack amount

* Pack your own lunch, such as a peanut butter and jelly sandwich.
* Upon arriving at your destination, make a trip to the local store to pick

up some essentials. Some of these items may include fresh fruits and

vegetables, applesauce, cheese, breads, and low sodium (salt) soups



**Tips for Success:**

Drink water rather than soda, alcohol, or gourmet coffee.

Choose broth based soups over creamy soups and be aware of sodium content.

 Order sandwiches with whole grain bread, and with lots of veggies.

 Skip cheese and cheese toppings.

 Avoid fried foods such as chicken tenders, fish and chips, fries, hushpuppies, and fried vegetables.

 Limit yourself to less than 10 chips with salsa, or skip them entirely.

 Marinara or clam sauces are lower in fat than pesto or alfredo.

 Order sauces and dressings on the side. Use only enough for flavor.

 Be aware of portion sizes! One serving of meat is 3-4 ounces, about the size of a deck of cards.

 Order brown rice instead of fried or white rice.

 Limit the use of condiments that are very high in sodium. Like yellow mustard, and some gourmet mustards.

Make half of your plate Fruits and Veggies

 If you have diabetes, don’t forget to count your carbohydrates and limit added sugar.



