

A Healthy Hello, SweatCommunity!

School's out for summer! Yay for the kids, headache for you. Just kidding, we love those kiddos but definitely a little more time commitment and energy out of your day. But good thing you're looking forward to that awesome summer vacation, right?

Wanna hear something cool? My family and I are heading to Tanzania, Africa in 2 weeks! We're doing a 9 day safari checking out all sorts of crazy animals, I can't wait. Really looking forward to some lion-wrestling.

But whether you're just taking a short weekend road-trip or flying all the way out to Africa, you can still eat healthy and be active. Don't roll your eyes at me.

We all think "vacation" and see it as a chance to let ourselves go. Well you deserve to enjoy yourself, buuut I want you to think in advance to the day vacation's over and you're regretting all that laying around, guzzling margaritas, and eating fried sugar cubes.

So I'm recommending exercising (pun-intended) just a bit of self-control on vacation. Not a ton, just a bit :)

Follow a few of our healthy vacation tips below to make sure that nice new tan isn't accompanied by some extra carry-on baggage if ya know what I mean.



Healthy Vacation Tips

1. Pack Healthy and Active

- Athletic shoes
- Workout clothing
- Headphones
- A meal for the flight! Spare yourself at least one unhealthy meal and start your vacation off on a good note. The longer into your trip you can put off that first bad meal, the better your chance of a healthy vacation.

2. Go to the Store

- Once you arrive, go to the store so you have some healthy snack and beverage options.
- Stock your hotel room with bottled water, granola bars, fruit, and trail mix.
- Buy some Ziploc bags, bread and sliced turkey breast for a sandwich you can bring with you on your busy day. You'll be happy you have it mid-day and it'll save you from a \$20 meal out on the town.

3. Eat Breakfast!

- Don't forget to eat breakfast. This is usually easier said than done in the whirlwind of a vacation. However, breakfast helps prime your system and prepares you for a full day of activities. If your hotel offers a complimentary breakfast, choose a high fiber and

protein meal, such as whole grain toast with peanut butter, to give you instant energy and fill you up until lunch.

4. Bon APP-etit!

- Download the "GoodFoodNearYou" app, which pinpoints the healthiest options at restaurants in your area, including fast food chains. It lets you sort menu options by lowest calories, fat, carbs, etc. Even using this just once or twice the whole trip will be worth it.

5. Designate a "Health" Day

- Spend a day based around some physical activity.
- Go for a hike, swim in the ocean, throw the Frisbee on the beach, have a gym/spa day, golf.
- Go even further by eating healthy and maaaybe not boozing all day.
- A "perfect" health day like this will help you break out of your unhealthy vacation funk and re-energize you as well.

6. Work Out!

- If you don't designate time to workout, you're going to be too tired or busy to get it done. Plan ahead of time when you're going to exercise.
- Use the fitness room, pack resistance bands, go for a swim, do a body weight workout (below).
- Enjoy the city you're in and go for a jog/walk around town. One of my favorite travel experiences ever was going for a run with my sister around Central Park. It really gives you the local experience and connects you to the city in a cool, unique way.

Warning: *If you're going to Africa, don't go for a jog around town without a thorough warm-up stretch. Being chased by a lion is a sure-fire way to pull a hamstring.*



10 Minute Total Body Hotel Room Workout:

- 30 sec Pushups (upper body)
- 30 sec Squats or Lunges (lower body)
Hardcore? Turn these into jumps.
- 30 sec Bicycle or Crunches (core/abs)
- 30 sec Mountain Climbers or Burpees (cardio)
- 30 sec Rest

Repeat 4 times total

Sticking around town for summer?

Check out our [6 Week Slimdown Program](#)

**Lions, Tigers, and Burpees
Oh My!**

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