

Nutrition & Exercise On the Go

How to Succeed with Your Fitness Goals While Traveling

Plan Ahead

- Search for grocery stores near where you are staying and plan to stop by to pick up healthful food sources.
- Search for healthy restaurant options near where you will be staying so you can use them for meals.
 - Look for places that have low calorie meals (~500 calories) with protein and vegetables.
 - There are a lot of restaurants that have nutritional information available, and if you look it up you can make an educated order that will fit your diet. [Click here](#) for a database of 600+ restaurants that have their nutrient info listed.
- Search for a hotel that has a gym and plan to do some workouts while there. (Ask your trainer for help putting together workouts that you can do on your trip.)
- Request/find a room with a fridge or food storage and even better, a full kitchen.
- If you are going to be spending a long time in the car or on a plane, pack a cooler or sack lunch with plenty of healthful food sources in it.
- Pack plenty of healthful, that are easy to take with you, like
 - Protein bars
 - Fruits
 - Jerky
 - Protein powder
 - Oatmeal packets
 - Carrots/celery sticks
- Ship a box of healthy items to where you are staying beforehand.
- For extra convenience you can buy some pre-made healthy meals (like snap-kitchen or My Fit Foods) and take them with you.

While You're There

- Order a specially requested meal on the plane or at restaurants.
 - Order something protein-based that you like without sauces, mayo, cheese, or high carb sources with it. Instead add veggies or fruit to the side.
 - Order off the kid's menu or off an "under 500 calorie menu" or similar.
 - Take half your entrée home or split one with a companion.
 - Order something that you've looked up the nutritional info for and found fits your diet.
 - Opt for 0-calorie beverages with your meal (unsweetened tea, diet sodas, water).
- Go to the store and buy some healthy items on your way to your hotel.
- Get some quick body-weight workouts or cardio in. Swimming at the beach, running on the sand, going for a long walk/hike, etc. are all great ways to get some exercise in.
- When/if drinking avoid elaborate mixed drinks and go for items like spirits mixed with water/diet soda or light beer.
 - Don't drink and offer to DD instead.
 - Eat a healthy, filling, snack before you go out to help avoid over-doing it.

Don't get discouraged if you can't stay on plan 100% of the time. Try your best to stay on track, but don't sweat it if you get a little off. Just get right back on it and you'll do fine.