

MANAGING VACATION

Vacation is a time to relax and reset. But does that mean you shouldn't think about what you eat at all? For some the answer may be yes, others no, but the best option is likely somewhere in between. To determine where you fall, start by asking yourself some questions such as *"What do I want to accomplish?"*, *"What is a realistic expectation?"*, *"How often do I take vacations like this?"*. These questions can help you make a decision. Vacations should be spent enjoying yourself with family and

friends. For most people that means not worrying about hitting specific macro or calories goals and instead make good food and beverages choices most of the time. Accepting that this week may not be the week you make much progress towards your weight goals is key to enjoying your vacation without guilt. There is nothing wrong with pulling back a little bit, especially since vacation is a short duration of time in the grand scheme.



Real Life Application

MANAGING VACATION

Vacation is great, but there is a lot to think about. Will you be dining out? Do you have a kitchen? Will alcohol be in the picture? Here are some basic tips that may help you feel good about the food choices you make.

1

Order groceries to your hotel/rental.

This allows healthier options to be at your fingertips & save you money by not eating all of your meals out

2

Bring food to support your goals if groceries are not an option.

IDEAS
protein bars
shakes
jerky
fruits+veggies

3

Look at menus beforehand if going out to eat.

TIP
Look at the appetizer menu for smaller options or plan to split a meal.

4

If traveling by car, pack a cooler.

IDEAS
string cheese, deli meat, greek yogurt, fruits and veggies, water.

ALCOHOL

If you plan to consume alcohol, moderation is always a great rule of thumb. One way to limit alcohol is to have a full glass of water in between each alcoholic drink. This slows down consumption and helps to keep you hydrated. Slowing down alcohol intake can decrease the possibility of poor food choices.



HOW TO TRACK

There are several ways to handle vacation tracking ranging from NOT tracking to FULLY tracking macros. Talk to your coach about which approach works best for you. Here are a few examples of ways to track on vacation:

FULLY TRACK MACROS

Business as usual! You could choose to stay in whatever phase you are working on, or take the macros to a maintenance level. This might be best for you if you vacation and travel very often and you've found it's impacting your goals.

CALORIE & PROTEIN GOAL

More relaxed approach that still emphasizes protein as a crucial player. It gives more flexibility to how carbohydrates and fats fall, but still gives structure.

CALORIE GOAL

Less structured. Allows for macros to fall how they may, but keeps the amount of calories as the base of structure.

NO TRACKING

This does not mean that you go wild! Some people do well practicing what they have learned in a more big picture approach. Focus getting protein and veggies in at each meal might be part of this broad approach.

INDULGENCES

Pick & choose what you indulge in. You can enjoy small portions of indulgent things and still stay on task. Also pick & choose which indulgence is most important to you. Consider choosing between an appetizer, a drink OR dessert, rather than all three!

ACTIVITY

Just because you are traveling does not mean that you can't be active. Plan to move each day. Go for a walk, rent a bike or bring your workout gear. Moving can make you feel refreshed and energized.



Main Takeaway

Having realistic expectations is paramount to controlling vacation. Talk it through with your coach and plan ahead. Create a plan that you feel comfortable and confident with and then enjoy yourself and follow through - you'll feel great while you're away AND once you come back.

Enjoy your travels!



Resources

Some additional tips can be found in the [Stronger U Blog](#).