

## Staying on Track with Healthy Eating and Activity while Traveling

Allison Rantanen, RDN, LD, CSOWM

1

## Lifestyle on the road

- Many travelers frequently have a lack of notice for travel- often a week or less
- Ever changing schedules can be stressful
- Lack of routine often becomes commonplace
- Frequent and often unexpected meal plans with clients
- When and where can you increase your activity

2

## Before you Leave

- Eat a healthy meal before you go to the airport
- Plan what you will eat at the airport if you have to do so
  - [Terminal 1 Food Offerings | MSP Airport](#)
  - [Where to Eat Inside the Minneapolis St. Paul International Airport \(MSP\) - Eater Twin Cities](#)
- Check out your options online before you go, so you have a plan
  - Usually a large variety of choices at a large airport
    - Full-service restaurants, regional specialties, convenience stores
  - Selections may be limited at smaller airports
    - Snack bars, vending machines
- Bring along healthy planned snacks
  - Small bag of nuts, fresh fruit

3

## Before you Leave

- If you are driving
  - What types of place are on your route
  - Will you be traveling long stretches of remote highways
  - Will you pass through metropolitan areas
- Plan stops ahead of time
- Pack healthy snacks in a lunch bag or cooler
  - Cold items like yogurt, meat, string cheese, veggies and dip
  - Be sure to have plenty of water
  - Consider getting off the road to unwind, eat, de-stress, and stretch
- Make sure you get plenty of sleep
  - Avoid giving in to sugary cravings due to being tired



4

## When you Arrive

- Consider stopping at the local grocery store
- Consider staying in a room with a kitchenette, microwave, fridge
  - Try to have meals in your room when you can
  - Plan ahead if you know you must have a working lunch or dinner
  - Some employers may spring for a better room if they don't have to pay for all your meals



5

## Staying Active

- First, accept that your exercise routine may be less vigorous or less balanced than it may be at home
- Next, resolve to do what you can, when you can, and wherever you can
- Is there a fitness room or a swimming pool in your hotel
  - Consider this when booking your reservation
- Are you a member of a major gym; is there one near by
- Ask if your hotel may have any agreement with a local fitness center
- Do they have On Demand exercise available
- Talk with the hotel concierge
- Is there a nearby mall



6

## Staying Active

- Explore fitness opportunities in the area
- Is there a safe area for walking-trails, public parks, recreation areas
- Explore and walk the hallways at the hotel, take the stairs
- Is there a local public swimming pool
- Bring some resistance bands, your favorite exercise videos
- Remember to bring your favorite work-out music!



7

## Dining Out

- Pick up a local restaurant guide
  - Many list menus and even nutritional facts
- The more you know, the more prepared you will be
- Use online restaurant guides
- Rehearse polite resistance!
  - How will you resist having that drink or dessert
  - Sometimes people have a hard time respecting your desires
    - "No thanks, if I eat too much, I get sleepy, and this meeting is important. I need to be on top of my game!"



8

## Dining Out

- Look for Restaurants that offer:
  - A varied menu with a variety of entrees and preparation styles
  - The option to order ala cart
  - Can food be prepared to your order specifications
  - Think about choosing a familiar restaurant
    - Sense of security
    - Know the menu
    - Know the portions
    - Know whether extras are served (fresh bread or buns)



9

## Have a Plan and Stick to it

- Use the same sensible habits you do at home
  - If you don't have a choice of what you are served- have small portions
  - Skip the bread side
  - Don't take dessert or limit yourself to one small dessert per day/week/trip
  - Ask to have your plate cleared away
  - Stick to your plans!



10

## Make the Best of a Buffet


- Walk the length of the buffet before selecting any foods
- Go back to the front of the line and grab a plate when you have made your choices
- Try to use only one plate for everything
  - Including any dessert
  - Use a second plate for a salad if anything
- Make only one trip through the line
  - Walk ahead of people who may encourage you to just "take a taste"
  - Let them move slowly and take a variety of items
  - You can stay focused on your choices, move quickly and avoid temptation



11

## Tips and Tricks

- Be wary of those low-fat items or reduced fat items
- Seek out companions who will support your success
- Try to sit by someone who also enjoys moderation
- Slow your eating pace-recognize your satiety before you eat too much
- Leave room for regional specialties
  - Ask for smaller portions or order from the appetizer menu
  - Ask for half of your meal in a to-go box, not on your plate
  - Sub a salad or extra veggies for that loaded baked potato



12

## Tips and Tricks

- Bank some of your calories or increase your exercise in the days prior if you know you will be indulging
- Just don't do so much that you are famished when you walk into a restaurant
- If you are too hungry, it may be tough to stick to your plan
- Consider using meal replacements as a way to ensure the rest of the day's calories are maintained at a constant level



13

## Tips and Tricks

- Choose a carry-on with wheels so it is easy to walk around while you wait
- Wear athletic shoes when you are traveling to encourage you to walk around when you have spare time
- If needed, stash your luggage in a locker and go for a walk
- Refuse the mini-bar key at your hotel
- Carry your own suitcases to your room



14

## Use Self-Monitoring

- Use a food diary or app
- Use an activity diary, pedometer, activity tracker, smart watch
- Continue to self-monitor to stay aware of your nutrition and activity
- This will help you to be aware if you over-indulged at lunch and try to make better choices to balance things out at dinner
- Realize that you only reached half of your step goal for the day and go for a quick walk in the evening after dinner to increase



15

## Thank you!

- Thanks for joining us again this month!
- Remember classes are recorded and can be watched again in the On Demand section of the app
- References:
  - Optifast Lifestyle Education Series

16