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The fitness girl's holiday • SURVIVAL GUIDE

"KEEP YOUR HARD-EARNED MUSCLE AND ENJOY YOUR HOLIDAY. HERE'S HOW YOU KEEP YOUR LIFESTYLE AND NUTRITION ON POINT WHEN YOU'RE AWAY"

Over the last few years I've been on the go a lot for work (plus a few holiday trips), which means I've been travelling more than usual. In so doing, I've created some helpful fit travel habits that are now second nature to me. This ensures that whenever I return from a trip, I don't feel frustrated, or that all of my hard work on my health and fitness has been undone.

Gone are the days when I get back from a trip with jet lag and an extra 5 kilos on me (I'm sure we've probably all been there at least once before!). In fact, I recently returned from a two-and-a-half-week trip

in the exact same shape I was in when I left! But how is that possible, you may be asking? Am I talking about staying on a strict diet or working out for hours each day while you're away? Heck no! I'm talking about enjoying your trip and staying active (though not necessarily in the gym) while you're there, or out of your normal routine. It's about not throwing out all of your healthy habits, while still making sure you enjoy your fair share of treats, the local cuisine, and more. **Yes, ladies, you can have your holiday, enjoy yourself, and still keep your body and your fitness in check.**

Catch it online

Still not sure how to implement the tips, or worried that these ideas may cut into your summer fun? Check Instagram for the hashtag **#fittravel** and you'll find hundreds of my posts from the last few years, all filled with an array of exercise options, meal ideas, nutrition tips, and more. If you want to find out how to maximise your holiday fitness and vacay fun, follow my **#fittravel** way, where the occasional glass of wine, slice of pizza and gelato are included!

#fittravel



Eat your staples first, and then opt to move on to other items of the menu

Always include a source of protein, healthy fats and veggies, which leaves little room for the other things you normally won't have



Opt for items that are authentic to the place you're visiting

#fittravel nutrition

Whether I'm travelling for a quick weekend work trip, or I'm on the road for two weeks, I always travel with a few staples. Not only are these incredibly helpful to have on hand as a healthy snack, it's also an economical choice because you won't be forced to buy every snack or meal when out and about.

You'll always find these items in my carry-on luggage:

Protein bars

(I bring 1 or 2 as a just-in-case option for each day I'm travelling)



Almonds, pistachios, and walnuts.

I'll buy single-serve packets to help with portion control, but a large bag of any of these are great to travel with – just be mindful of the portion size!

Oats as a quick carb source. You can always whip up a cup of oats using the coffee maker in the hotel room, or stopping at a coffee shop and asking for a cup of hot water.

Protein powder

Mix that protein powder in with the oats for a quick and easy meal option. I've done this during a flight, at a coffee shop, or using the coffee maker or kettle in my hotel room.



Individual packets of **peanut butter or almond butter**



Tips for dining out:

Tempted by the room service menu, or dessert options at the restaurant? We've all been there! If I find that there are items that I can eat anywhere, any time of the year, then I skip them. I don't deprive myself, but I'll opt for items that are authentic to the place I'm visiting (a bit of gelato each day while in Italy was a necessity, but the brownies or cookies spotted on room service menus were skipped).

When dining out, eat your staples first, then move on to the other items – always eat a source of protein, some healthy fats, and veggies, leaving a little room for the other items you wouldn't normally have. By eating them last, you'll be less likely to overindulge on these items. For example, when dining out I will order a giant chicken breast salad topped with avocado. I will eat most of this dish first, before indulging in a slice or two of pizza, or a pasta dish with someone at the table.

REMEMBER THAT THE FOOD WE EAT LITERALLY DOES FUEL US!

I'm sure you all notice that when you fuel your body with healthy options the majority of the time, you simply feel better, right? I definitely notice a distinct difference in my overall energy levels (especially

when travelling and combating jet lag) when the majority of my meals come from healthy food options, as opposed to when I just pick up convenience foods, or decide to try every random item on the menu. The last thing I want to do is feel completely drained during my vacation!



Photo by James Patrick

Don't have access to a gym on your trip? Don't worry! The last thing I want is for you to spend your holiday stressing about gym access, or not being able to do your normal routine. In fact, I recommend that you embrace this break from routine and try something new to challenge your body and mind with your workouts.

Not sure where to start? Here are some of my favourite ways to take your training with you wherever you go, with no gym necessary:



A quick workout will keep your body and mind of the habit of being active



Go outside and explore. Not only do you get to be active, you also see your surroundings



#fittravel workouts

1. Do what you can and don't focus on what you can't or don't have access to.

Too often people think there is no point to training if they don't have access to their normal gym or equipment, but that's not the case! Ditch the all-or-nothing mentality and instead make every bit count. I don't want you to spend countless hours on holiday working out. **A quick 10-minute bodyweight circuit in your hotel room helps keep your body and mind in the habit of being active, gym or no gym.**

2. Make the most of your surroundings.

Get outside and explore on foot. Don't worry if you're not a runner, just get outside and walk, or do a walk/jog/run combo while you're sight-seeing in the area. This allows you to see more of the city you're in, and you'll probably stumble on some sights you wouldn't typically see, all while working on your fitness.

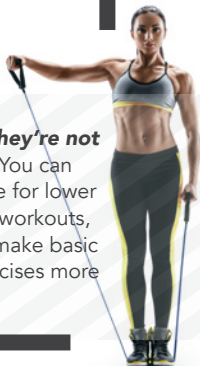
3. Keep it simple when travelling.

While most hotels have a gym, they're often very basic. Those with a broader offering tend to come with an increased price tag, and it's typically not worth it. Instead of stressing about a hotel with a gym, or searching for a gym nearby, simply bring a few of my favourite fit travel items that you can use right there in your hotel room, or take with you outside to a nearby park or beach.

A few of the small, convenient yet still effective exercise tools I always travel with (or use regularly for home workouts), include:



MINI BANDS. They're not just for squats! You can incorporate these for lower and upper body workouts, and as a way to make basic bodyweight exercises more challenging.



A POWERBAND. It's great for resistance training and keeping your strength up without gym access! You can use these anywhere by looping the band around a fixed anchor point for leverage to get a total-body workout wherever you are.



SLIDERS. These will add a challenge to any workout and will increase the level of resistance to any exercise you add them to.

EVERYDAY THINGS. For holiday workouts include steps, park or boardwalk benches and outdoor workout areas common in most major cities these days. In so doing, I'm able to explore my surroundings and have some fun while getting in a great workout session.



make a fitness pact to help hold each other accountable.



#fittravel support

If you're on vacay or spending the holidays with good friends or family, make a fitness pact to help hold each other accountable. Yes, you're going to enjoy the heck out of your vacay, eat some treats, and indulge a bit, but make sure you move first! Even if it's just a quick 10-15 minute workout to start the day,

commit to staying active with the options I've suggested. If you're travelling with friends or family, have some fun and build your own workout with my pick 3 option!

How: Pick your top 3 exercises and have your friend do the same. Put these together for a **6-exercise circuit** that you guys can do anywhere. For example,

I may select burpees, lateral shuffles and walking lunges as my 3 exercises, while my friend may opt for push-ups, jump squats and plank jacks. Perform 1 set of each exercise back to back for your circuit and go for as many rounds as you can in 20 minutes or less. **And last, but certainly not least, enjoy yourself!**