



HOW TO STAY HEALTHY WHILE ON VACATION

There are ways to plan a vacation in which you come back healthier and in better shape than you were when you left. If you'd like to enjoy summer without sacrificing either the fun of a vacation or the health you've worked hard to earn, try following these helpful tips on how to stay fit on vacation.

- 1. Plan an active vacation:** Hiking, Camping, Scuba diving. If you plan a healthy family vacation that's centered around activity rather than lounging, you'll likely come home in better shape than when you left. If you want to experience a great active vacation, look no further than America's national parks, national forests, and state parks, where opportunities for hiking, camping, and active recreation abound.
- 2. Pay attention to snacks and drinks:** Let's face it: it's not much of a vacation without plenty of snacks and drinks on hand. Plan ahead and buy healthy snacks like veggie trays, crackers, and hummus rather than just grabbing a bag of chips; for drinks, the most important thing is to ditch the soda--instead, turn to water, juice, or homemade smoothies.
- 3. Bring your activewear & gear along:** This one's easy: don't leave yourself room for excuses. If you have your active clothes and gear with you and an opportunity for exercise presents itself (empty downtime, a hotel gym, a great trail to run), you can take full advantage--sans the usual, "if I only had my running shoes on me" excuse.

DID YOU KNOW?

The calorie intake for adults in the United States tends to increase by an average of 200 calories when eating out as opposed to eating in. So if you want to know how to stay healthy on a vacation, consider spending more meals in.



Avoid the unwanted souvenir: extra pounds

The calorie intake for adults in the United States increases by an average of 200 calories when eating out as opposed to eating in. So while you're traveling, don't forget to watch what you eat, and, if possible, consider spending more meals in.

Before you go, learn more about how to make the best menu or shopping selections, portion control, and more in one of our classes on healthier eating and shopping.



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