

Sponsored by:



## BODY BY DAN

You're in Mexico. Or... maybe you're in New York, and you're about to take a car trip down to Virginia Beach. The point is you're traveling. When you're traveling, it's easy to become worried about how to keep up the exercise program you are currently engaged in, or how to maintain the progress you've already made. This article will give you guidelines as to what to eat, how to pack, and how to exercise while traveling (or on vacation).

### What to eat:

- 1) Get a cooler. This is a must for keeping your snacking healthy (and affordable) while on the road.
- 2) Buy some snack-size Ziploc bags.
- 3) Fill Ziploc bags with fruit and veggies— grapes, berries, carrots, celery, bell pepper strips, fruit salad, etc. Putting these items into snack-size Ziploc bags promotes portion control. Limit yourself to one snack-size serving, once every two to three hours. You should also buy some apples, pears, and bananas to keep in a separate bag outside the cooler to conserve room.
- 4) Make some chicken cutlets or grill some chicken tenders in an easy marinade a few nights before you head out. Cut them up and put them in snack-size Ziploc bags. Limit yourself to one snack-size Ziploc bag every two to three hours.
- 5) Other recommendations are unsalted almonds, walnuts, cashews, etc., and almond butter. Almond butter in moderation is a great way to get some healthy fat and protein. Make a variation of “ants-on-a-log” (conservatively smooth the almond butter over a stick of celery and place a few raisins on top).
- 6) Granola bars are another healthy option. The best are probably Larabars because they tend to only have three or four ingredients and are pretty wholesome. Kashi TLC bars also taste great (pumpkin spice flax is my personal favorite).
- 7) Supplements to pack: Multivitamins, probiotics, fish oil, greens, and any other personalized supplements that you like to use on a regular basis. If you are spending a lot of time traveling, I recommend packing some kind of inflammation support supplement to help with back, neck, and knee discomfort. My favorite is Inflammation Support from Len and Joe.

### How to Exercise:

Exercising when you're traveling can be really tough. The first thing you need to do is buy a jump rope. Jumping rope is not just for eight year old girls and boxers. There's a reason boxers jump rope—it's amazing at burning fat, increasing cardio-respiratory fitness, and improving general athleticism by increasing foot and hand speed. It also increases blood circulation which is very important when you're traveling. So, jump rope at a gas station, in a hotel room, in a parking lot—wherever. Just do it. Pushups are an obvious exercise to do on a road trip, but are often underestimated. If you tend to think you're already pretty good at pushups, try some variations that your muscles aren't used to. Hold the bottom position for 30 seconds and then pump out pushups until you're a few reps short of failure, and then hold the bottom position again for 15 seconds. The same could be done for any position of the pushup. Bodyweight squats and lunges are a great way to work the thighs, glutes, and core. If you are unsure of your squat form, check with a knowledgeable personal trainer and make sure that you are keeping your weight on your heels. I also recommend buying a fitness resistance band that will allow you to exercise every part of the body. Finally, be sure to stretch the following muscle groups FREQUENTLY: glutes, hamstrings, neck, shoulders, and lower back. Even if you stretch your lower back frequently, there's a good chance that it will still bother you because your glutes and hamstrings both contribute heavily to the health of your lower back. Having tight or weak glutes and hamstrings is one of the main causes of lower back injuries.

Traveling does not have to be an excuse to stop eating healthy or working out! With a little planning ahead, maintaining your healthy habits will be a breeze.