

Healthy Habits



Healthy Habits for Vacation

While traveling, it can be tempting to indulge and fall out of your usual nutrition and exercise routine. However, with a little advance planning and commitment, it is possible to enjoy your vacation without bringing home extra pounds. Here some tips and tricks to help you keep your healthy habits on your next holiday!

- **Snack smart.** Rather than waiting to buy something on the road, pack healthy snacks. Try a low-fat yogurt, whole-grain crackers or air-popped popcorn. Load your carry-on with grab-and-go fruits such as apples, oranges and bananas, or prep a bag of chopped vegetables to munch in the car.
- **Stay active.** According to the Centers for Disease Control and Prevention (CDC), the only way to maintain weight loss is to be engaged in regular physical activity. If your idea of vacation doesn't include the gym, no sweat—simply making more active choices may help. For example, swim a few laps after relaxing by the pool, opt for a walking or biking tour when sightseeing, and use stairs instead of an elevator.
- **Eat breakfast.** People who eat breakfast daily tend to keep hunger at bay and may avoid overeating later in the day. If your hotel won't have healthy breakfast options, pack some healthy breakfast foods so you can stick to your regular eating routine.
- **Limit alcohol.** Those festive vacation cocktails may derail your weight control goals, since they're often high in calories but low in nutrients. The CDC recommends limiting alcohol to one or two drinks per day, respectively, for women and men of legal drinking age.
- **Catch some zzz's.** That's right, sleeping in may be good for your health. In fact, lack of sleep may lead to weight gain. Research shows adults who sleep fewer than seven hours a night are at higher risk of gaining weight than those with adequate sleeping habits.
- **Get support.** It's important to surround yourself with people who support your healthy lifestyle. The same is true on holiday, so invite your friends or family members to join you for a special vacation walk, swim, or bike ride.

Source: UnitedHealthcare