

Live Your Best Life

A guide to traveling and enjoying your health and fitness on the go

Being on the road traveling can be difficult when it comes to your health and fitness. We all know what happens, we meet up with friends or family, forget our workout regimen, and continue to eat garbage while telling ourselves “It’s okay” because we will get back on the health wagon when we return home. It’s the same ole song and dance that a lot of people battle, especially during summer break and the holidays.

What if I told you there is a way you can stay on the right path to success? What if there was a way to keep you energized with quality food and exercise on the road? *WELL, THERE IS!* It starts with you. What do *YOU* want? Do you really want to sit down and have pizza and soda with friends and family? Or, would you rather have a beautiful garden salad with chicken, and a lemon water to keep you *FULL, ENERGIZED AND FEELING AMAZING?!* It takes *DRIVE*, it takes knowing what is in *YOUR* best interest and it takes *STRENGTH* to tell yourself “You know what? No. I will not jeopardize how far I have come just to eat fast food. I know my *SELF WORTH*, and I refuse to follow what everyone else around me is doing.” Make the decision for yourself, and who knows, maybe your family will be encouraged and will join in on your healthy choice.

4 WAYS TO STAY MOTIVATED:

1. **Remember Why You Started:** You started this journey with a *GOAL* in mind. You may even have day-to-day goals that you’d like to achieve. Remind yourself of these regularly. Have *MOTIVATIONAL* photo screen savers on your phone as a constant reminder. Set alarms with notes throughout the day to remind you to drink enough water, to get some extra steps in, etc. This will act as a buddy system to keep you on track.
2. **Plan And Prepare For The Trip:** You already know you will have plenty of temptations around you on road trips, and won’t be in the comfort of your own routine. Don’t let this stop you from *PLANNING A REGIMEN CLOSE TO COMFORT TO KEEP YOU GOING*. Go grocery shopping! It may be a slight inconvenience, but it is a much better alternative to the junk food you will eat out, and the weight you will gain during your travels. If grocery shopping is not an option, *SEARCH FOR RESTAURANTS AHEAD OF TIME THAT HAVE HEALTHY OPTIONS* such as salads, veggies, chicken, fish etc. Plenty of locations offer a variety, so everyone on the trip can have something they’d like, including your healthy, strong self!
3. **There Is Always Time to Exercise:** If you have 5 minutes you have time to exercise. Even if it’s only a single minute. It may not seem like anything to you, but throughout the day *FINDING THOSE MOMENTS TO GET IN EXERCISE WILL BE A GREAT ELEMENT TO MAINTAINING YOUR GOALS AND WEIGHT*. While your spouse is filling the car with gas, get some bodyweight

squats or lunges in for a few minutes. When everyone goes to take the hotel elevator, you take the stairs. You'd be surprised whom you may encourage to take the stairs with you. Make it fun, and have a race to the hotel room! When your kids are putting on their bathing suits to go to the beach, get a plank in. Take walking tours, go hiking or try paddle boarding. There is never an excuse to skip workouts, *BECAUSE YOUR ENTIRE LIFE CAN BE A WORKOUT. FITNESS IS EVERYWHERE.* Instead of lying on the beach all day, enjoy the time by going for a walk along the water. You'll still get that glowing tan, and your body will thank you for *THE WORK YOU ARE PUTTING IN!*

4. **Water, Water, Water:** *WATER IS YOUR BEST FRIEND.* Just like when you are at home, make drinking water the number one priority for your body. Water helps to maximize physical performance, helps to raise energy levels in your brain, helps to prevent headaches, improves complexion, flushes out toxins, boosts the immune system, and of course, can help with the process of *WEIGHT LOSS.* Water is *THE BEST* way to stay on the path to *ACHIEVE YOUR GOALS!*