

General Travel Tips

1. **Stay Hydrated** - especially if flying.

Tip: Drink a glass of water prior to and during the flight.

2. **Circulate your blood!**

Tip: When flying get up and stretch. When driving stop at least every 2 hours to walk around.

3. **Get your boost appropriately.**

Tip: steer clear of sugar-loaded soft drinks. Opt for healthier options such as coffee or tea. Be careful loading these drinks up with too much sugar and creamer though.

4. **Healthy Snacks**

Tip: Pick what works for you! Some options: graham crackers and peanut butter, soy crisps, single-serve popcorn bag, wheat thins and string cheese.

For More Information:

www.healthytravelnetwork.com

<http://nutrition.about.com>

www.fitnessmagazine.com

Carolina Fitness Complimentary Travel Tips For a Healthy Summer

Travel "lightly"!

CAROLINA
campus
recreation

Nutritional Tips for Travel

Know how much you are eating

- Keep the portions small
- Calorie Tracking - It sounds time consuming but there are easy ways to do it. Visit Calorie-count.com, an amazing resource with most of the major restaurants listed.

Portion Control

- Ask the waiter for a to-go box with your meal and put half of it in the box
- Ask the restaurant if they have half portions or lunch-size portions
- Split one dessert between everyone at the table

Avoid Hidden Calories

- When the waiter brings the bread basket move it away from you or get it off the table completely
- Ask to have your meal prepared without butter or oil
- Ask for sauces and dressings to be served on the side
- Substitute steamed vegetables for potatoes, pasta or rice
- Avoid alcohol

Eat In

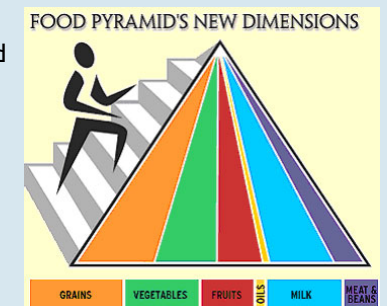
- If you are staying in the same hotel for multiple days ask for a room with a refrigerator and microwave, and then take a quick trip to the grocery store

Eating Healthy Snacks in the Car

- Load up on fresh-cut vegetables and fruit
- Bring plenty of water (Keeps you hydrated and no clean up if spilled)
- Pack baked whole grain crackers (Good for fiber and nutrients)

The Hotel Continental Breakfast bar

- Choose a whole grain cereal with low-fat milk
- Fresh fruit gives you vitamins and fiber
- Yogurt or hard-boiled eggs are good sources of protein
- Avoid sugary muffins, sweet-rolls, and pre-sweetened cereal



Exercise options with Resist-a-Band



Reverse Fly



Lateral Raise



Knee Extension



Other Exercises with Props

- Chair dips
- Step up using stool or stairs
- Young Children
 - Dead Lifts
 - Bench Press
 - Piggy-back ride

Exercises Without Props

- Body-weight squats
- Lunges
- Single-leg Squats
- Pushups
- Crunches
 - Long-lever
 - With Trunk Rotation
- Jumping Jacks



Biceps Curl



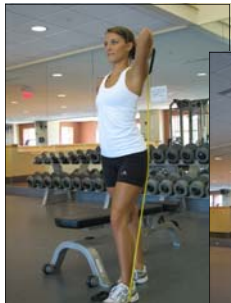
Hip Abduction



Hamstring Curl



Triceps Extension



Hip Adduction



Resistance bands can be purchased at the following locations for \$10-20: Target, Dicks Sporting Goods, Play it Again Sports, and other sporting goods and retail stores.

Aim for the following when doing resistance training

- 2-3 sets
- 10-12 reps

Aim for 20 minutes of brisk or 40 minutes of leisurely walking to take in the sights.