

## WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

JUNE 3, 2019

### HOW *NOT* TO GAIN WEIGHT WHILE TRAVELING!

FIRST OF ALL, SINCE WE LITERALLY MISSED THE WHOLE MONTH OF MAY, I HAVE A CHANGE FOR JUNE:  
**I'M GOING TO BE OUT OF TOWN MONDAY THE 24<sup>TH</sup>, SO CLASS WILL BE ON TUESDAY, THE 25<sup>TH</sup>!!!**

VACATIONS ARE SO FUN! I LOVE LOOKING FORWARD TO GETTING AWAY...IN FACT, THAT'S DEFINITELY ONE OF MY FAVORITE PARTS OF THE WHOLE PROCESS. HOWEVER! FACING THE SCALE WHEN I GET BACK TO WORK EASILY QUALIFIES AS A HUGE DOWNER!

AS USUAL, BEING PREPARED ISN'T JUST FOR THE BOY SCOUTS! IT'S REALLY MUCH EASIER THAN IT WAS 30 YEARS AGO, WHAT WITH THINGS LIKE PRE-PACKAGED / PRE-PORTIONED SNACKS. THEY'RE SO PORTABLE, AND THESE THINGS CAN REALLY KEEP YOU FROM GETTING TOO HUNGRY (AND THEN GOING OVERBOARD AT THE NEXT MEAL!) TONIGHT WE'RE SAMPLING SOME RX BARS. PERFECT EXAMPLE. DEFINITELY NOT SO DELICIOUS THAT YOU'D WANT ANOTHER, BUT ENOUGH PROTEIN AND FIBER TO REALLY SATISFY YOUR HUNGER. (I DOUBT THEY'D WANT ME TO GIVE THEIR PRODUCT THAT PARTICULAR ENDORSEMENT!)

YOU COULD ALSO MAKE YOUR OWN LITTLE BAGGIES OF SOMETHING LIKE NUTS AND DRIED FRUIT. FAR BE IT FROM ME TO BE THE GAL WHO'S THAT ORGANIZED WHEN I'M GETTING READY TO LEAVE HOME, BUT IT'S A POSSIBILITY. I'M THINKING ABOUT WHEN YOU'RE FLYING SOMEWHERE – IT SEEMS TO ME THE PLANE FOOD LEAVES A LOT TO BE DESIRED THESE DAYS! WHEN YOU'RE TRAVELING BY CAR, THERE ARE DEFINITELY MORE OPTIONS. I USUALLY CUT UP FRUITS AND VEGETABLES, AND BRING A SMALL COOLER WITH BOTTLES OF WATER. I'M A BIG FAN OF INDIVIDUALLY WRAPPED CHEESE STICKS, TOO. YOU'LL STILL NEED TO EAT A MEAL OUT, OF COURSE, BUT THE HEALTHY SNACKS WILL TAKE THE EDGE OFF YOUR HUNGER. WHEN YOU SIT DOWN TO EAT, YOU'LL BE ABLE TO MAKE A MORE REASONABLE CHOICE, BECAUSE YOU WON'T START OUT BY BEING RAVENOUS!

BE SURE AND SNEAK IN SOME PHYSICAL ACTIVITY – IF NOT SOME ACTUAL EXERCISE. STRETCHING YOUR LEGS BEFORE AND DURING YOUR FLIGHT ISN'T JUST A GOOD IDEA. SITTING FOR TOO LONG A PERIOD CAN INVITE CIRCULATORY PROBLEMS THAT ARE NOT FUN TO DEAL WITH. SAME GOES WITH SITTING TOO LONG IN A CAR. WHEN YOU STOP FOR GAS, TAKE A COUPLE LAPS AROUND THE PARKING LOT.

WALKING OR BIKING IS A PERFECT WAY TO SIGHT SEE. MANY PLACES HAVE BICYCLES AVAILABLE TO RENT. WE WERE LUCKY ENOUGH TO BE ABLE TO GO ON A HIKE ON A MOUNTAIN IN ITALY!

ALMOST EVERY HOTEL HAS A WORKOUT AREA, AND I TAKE ADVANTAGE OF THEM WHEN I TRAVEL. YOU SHOULD, TOO! IT BEATS SITTING IN THE ROOM WATCHING T.V. YOU MIGHT BE PLEASANTLY SURPRISED. SOMETIMES THE FACILITIES ARE REALLY NICE. THE POOL COULD ALSO BE AN OPTION. JUST TRY TO GO EARLY, UNLESS YOU'RE A FAN OF A BUNCH OF KIDS, NOISE, AND CANNONBALLS!

ON THAT NOTE...ALL THE WALKING WE DID ON OUR VACATION REALLY DID SAVE MY WAISTLINE! I THINK EVERY DAY BUT ONE WE GOT IN MORE THAN 10,000 STEPS.

BUFFETS ARE A WHOLE PROBLEM WITHIN THEMSELVES! I USUALLY TRY TO AVOID THEM, BUT MANY HOTELS HAVE BREAKFAST-TYPE BUFFET INCLUDED AS PART OF THEIR PRICE. THE PLACES THE DICKEYS TYPICALLY STAY USUALLY HAVE MORE OF A CONTINENTAL BREAKFAST – BUT MORE AND MORE, I SEE EVEN THE LESS EXPENSIVE ACCOMODATIONS FEATURE ONE OF THOSE AWESOME WAFFLE IRONS! TRY TO REMEMBER THAT IT'S NOT YOUR LAST MEAL, AND STAY CALM! SIP ICE WATER OR COFFEE FIRST, AND GIVE YOURSELF A LITTLE PERSPECTIVE. SURVEY, AND, IF NECESSARY, PICK THE ONE TREAT THAT YOU REALLY MUST TRY. FILL UP ON THE LESS DECADENT FOODS FIRST: WHOLE GRAIN TOAST, FRUIT, MAYBE AN EGG OR TWO. EAT SLOWLY! YOU'RE ON VACATION, SO HOPEFULLY YOU HAVE TIME TO NOT ACT LIKE KATHY D. AND INHALE YOUR MEAL!

BE PARTICULAR. HAVE A COCKTAIL – OR A DESSERT – BUT NOT BOTH! ANOTHER STRATEGY I'VE HEARD FOLKS USE IS TO SPLURGE ON (ONLY!) ONE MEAL A DAY. FOR EXAMPLE, IF YOU LOVE, LOVE, LOVE BREAKFAST FOODS, BE ESPECIALLY MINDFUL AT LUNCH AND SUPPER. JUST REMEMBER HOW AWFUL IT FEELS TO BE STUFFED AND DO WHAT I USED TO TELL MY KIDS TO DO: MAKE GOOD CHOICES!

SPEAKING OF COCKTAILS...THEY'RE EXPENSIVE MONEY-WISE AND CALORIE-WISE. PROCEED WITH CAUTION! A BLOODY MARY, LIGHT BEER, OR WINE SPRITZER ARE ALL GOOD OPTIONS. YOU CAN'T GO TOO WRONG WITH A VODKA SODA. GENERALLY SPEAKING, BLENDED DRINKS CONTAIN SYRUP, SO A DRINK "ON THE ROCKS" IS A BETTER CHOICE. DO, HOWEVER, MAKE IT A POINT TO STAY HYDRATED. REMEMBER THAT YOU CAN CONFUSE THIRST WITH HUNGER, SO AS STRANGE AS IT SOUNDS, BEING THIRSTY CAN LEAD TO OVEREATING. LOUNGING (OR DOING ANYTHING!) IN THE SUN NATURALLY CONTRIBUTES TO LOSS OF MOISTURE, AND NOTHING HYDRATES LIKE WATER. WE NORMALLY BUY A CASE OF WATER FOR THE HOTEL ROOM, IF WE'RE STAYING FOR A COUPLE DAYS.

BY FOLLOWING A FEW SIMPLE TIPS, YOU CAN AVOID THE "ALL OR NOTHING" PRINCIPAL. A VACATION IS ABOUT RELAXING AND HAVING A GOOD TIME! GAINING TEN POUNDS IN TWO WEEKS? NO BUENO!

SERIOUSLY, SOMEONE PICK A "NO!" FOOD FOR THIS WEEK! AFTER ALL THE TRAVELING, ETC. I DID IN THE MONTH OF MAY, I NEED SOME HELP!

**NO ICE CREAM / FROZEN TREATS!!!**

**HAVE A GREAT WEEK!**