

BE STRONG

Eat. Move. Live

THE KNOWLEDGE

5 WAYS TO HOLIDAY WITHOUT HALTING YOUR PROGRESS

This week's focus: How to manage holidays when adopting a healthier lifestyle

Why is it important?: Holidays are often what we all aim to slim down for, to ensure we look our best when we hit the beach or the pool, and for all those photos that will undoubtedly be taken. They are a part of life, something to be enjoyed, and can easily be managed as part of a healthier lifestyle. We don't have to fall off the wagon completely, nor do we have to be absolute saints. We deserve the time off to enjoy with our families and loved ones, and that should be our priority over worrying about every calorie that passes our lips.

What will we tell you?: How to develop a strategy that works for you on holiday.

- 1 Having a pre-holiday strategy may be a way to help to minimise the damage on your return. Build in some wiggle room for inevitable weight gain on holiday, by losing a couple of extra pounds before you go. Then on your return, the weight you have gained won't seem as bad as it could have been!
- 2 Your lifestyle doesn't have to stop or revert back to previous habits just because you are on holiday. This is lifelong and holidays are part of that. Why not be a little more mindful of your food and drink choices? Or have a more active holiday? Walking, hiking, swimming, taking part in some pool or beach games.
- 3 Enjoy your holiday!! If you love food (like us!!) then enjoy the delicacies of the region you are visiting. Depending on what the delicacies are, that might mean that you gain a couple of pounds, enjoy it - you can deal with it on your return. It might be really healthy – seaside resorts can mean plenty of fresh fish which is low calorie! Alternatively, just moderate - enjoy the Cornish pasty one day, then the cream tea another, and the clotted cream ice cream on another day, rather than all at the same time!
- 4 If you are at an all inclusive resort – take some time to weigh up what options there are – we don't need to eat all the options every day – try different things on different days – more often than not food options are repeated regularly. All inclusive resorts definitely have tonnes of salad and fruit on offer – take the opportunity to eat all these delicious veggies without the hassle of prepping at home.
- 5 Make a plan to eat well for breakfast and lunch then enjoy your evening with whatever you fancy. Minimising the damage of a totally indulgent holiday but still enjoying your evenings.

KEY MESSAGES

We have three options when we are off on our holidays, with how we will manage our food and exercise choices.

1. Carry on as we are – tracking calories and staying on plan to lose weight
2. Blow it all, leave the meal tracker at home, lie on a sunbed all day, and accept the consequences when you return from holiday
3. Make mindful choices about what you want to eat and drink, and ensure you get some daily gentle exercise in, that you really enjoy and fits with your friends and family. Accept it may mean a slight gain or a maintain on your return. Enjoy your new lifestyle on holiday without the pressure of keeping on top of the meal tracker.

How you manage is up to you – just accept the consequences on your return and get back on track.