

Maintain Your **Weight** For The Holidays!



Traveling During The Holidays

Set goals

Completing your regular workout routine can be difficult when travelling. Set goals to complete 50 - 75% of your normal workout. If possible, try to adapt your workout to where you are residing.

Scope out local gyms

Look for local gyms in the area you are staying. Most gyms will offer free week passes. If you're staying with family, ask if they have any fitness equipment you can use.

Pack a resistance band

Resistance bands let you do a wide range of exercises involving the entire body. It is easy and adds little weight to your trip. The NOFFS program at www.navyfitness.org provides a great resistance band workout as part of a 30 minute, 45 minute, or 60 minute complete workout plan.

Don't Indulge

You can still enjoy your favorite foods, but just make sure to eat in moderation and control your portions. Don't go back for seconds or thirds to keep the excess calories away. If you know you are planning to eat extra during a specific party or event, then plan ahead. Throughout the week, exercise a little more & burn the extra calories you plan on eating during a specific activity or event.

Be creative

Find unique, fun ways to exercise instead of doing the same routine you do when you are at home. Try to get a family game of kickball or touch football started. Shoot some hoops with some of the kids in the family, or get the whole gang to go ice skating. Effective workouts aren't limited to the standard fares of walking, jogging and fitness machines.

Prepare snacks

If your journey includes a lot of time in the car, be sure to pack some healthy snacks. You then won't be forced to eat at all the fast food and convenience shops along the way.

Get comfortable

Don't forget to pack comfortable workout attire that fits your destination's climate.

Plan ahead - Exercise and Eating Out

Plan an exercise routine you can perform anywhere -- a hotel room, a family member's house, or your own room at your house. The Navy Operational Fitness and Fueling System provides a complete 30 minute, 45 minute, or 60 minute workout that can be performed anywhere. To download a NOFFS program, visit www.navyfitness.org. A gym facility is not required to perform a full workout. Plan ahead when eating out. Serving sizes at restaurants are normally "super sized". Before eating ask for a "to go" box and set aside extra food for eating later.

