



Are you planning lots of travel in the coming months? Wondering how to manage to maintain your healthy eating and exercise habits while vacationing in new places?

TOP 5 Summer Break P-A-U-S-E TIPS

Escape season is here! Summer is a time to unwind, celebrate, rejuvenate, see new places and try new things. However, it can sometimes make us uneasy about food and our healthy lifestyle. With a little savvy planning and an understanding of your personal “**PAUSE**” button, you can eat healthy anywhere and enjoy your well-deserved break even more!

Eat when you're hungry, **PAUSE**, stop when satisfied

It sounds simple, but many of us have gotten out of the habit of paying attention to whether we are truly, physically hungry. Faced with over [200 food and drink choices](#) per day, we are surrounded by opportunities. Particularly on vacation, we easily slip into an “I deserve it” or “let it go” mind-set which can set us up for eating even if we are not hungry, making less healthy choices or overeating. A good way to monitor this is by **PAUSING** to ask yourself “am I hungry?” and if so “how hungry am I?” Try setting a [personal hunger and fullness scale](#) of 1 (Starving) to 10 (too full) and then **PAUSE**. Try to set your intention before eating, how much do I need to maintain a comfortable “5” on my scale? If you go beyond your comfort zone, don’t beat yourself up or feel guilty, but learn from the experience for next time! It is such a shame to feel uncomfortable or guilty on your well-deserved break. Once you have gotten in the habit of **PAUSING** (you may even want to start practicing now), carry on with the following [top 5 Summer Holiday P-A-U-S-E tips](#):

- 1. Pick healthy food and drink!** Make healthful **food** choices that appeal to you whenever possible, seeking out especially local items you cannot find at home. Look for local restaurants with regional products since the less distance food has travelled, the more nutrients it typically retains. Grilled or steamed cooking methods are more likely to be healthier than fried. Aim to get the [recommended](#) five servings of fruits and vegetables a day, discovering new options from your destination. By beginning your meals with fruit or veg you might even “crowd out” less healthy options. Kicking off with fruit at the breakfast buffet, for example, might help you be less hungry for bakery goods on your second round. Starting a meal with a summer soup or salad may help you devour less French fries. Shop the local market (or supermarket) for healthy snacks like fruits, nuts or grains to keep you satisfied (around a 5 on your scale...) and not feeling overly hungry or deprived which [has been shown](#) to lead to overeating.

Traveling and being out in the sun more than your body is used to can dehydrate, so target **drinking** the [recommended](#) 1.5 litres of water per day taking into consideration your exercise, environment, weather and alcohol consumption. Generally, if you drink enough fluid so that you rarely feel thirsty and your urine is colourless or light yellow, your fluid intake is probably adequate. We tend to loosen up on vacation and [drink more calories](#). A moderate alcohol intake is [defined](#) as up to 1 drink per day for women and up to 2 drinks per day for men and exceeding this could sabotage your health. One good way to make sure you stay hydrated if drinking alcohol is to drink a glass of water in between each alcoholic drink. Keeping a fancy water bottle with you when you're out can also help ensure you drink from it throughout the day.

2. **A**sk! Dare to ask for adjustments to the menu in restaurants to customize to your needs.

Choosing sit-down restaurants instead of fast food establishments might take extra time, but you will have a better opportunity to ask how foods are prepared and add special requests for healthier meals. Ask for dressings on the side, grilled or broiled instead of fried, and substituting vegetables or salads for fried dishes. Requesting half-sized, sharing or ordering children's portions is also widely accepted in restaurants today. PAUSE in the beginning of the day to strategize a little and ask the others travelling with you to join in. If you're planning a long, leisurely lunch then aim to have a smaller dinner or if you're having the all-you-can-eat buffet in the evening, eat a light lunch. Don't skip meals, though, as [research shows](#) that skipping meals may make you feel hungrier and lead you to eat more than you normally would at your next meal.

3. **U**se your feet! A great way to experience a new place is by foot! Take time to walk between major attractions rather than jumping on a bus or a subway. You'll experience the flavour of different neighbourhoods and be able to nip into any shop or museum that appeals to you as you go. Most places also offer bike tours combining all-day exercise, fresh air and sightseeing. Pack plenty of exercise gear to help you maintain any fitness progress you have already made and to perhaps compensate for some less healthy choices you might make during the break. Incorporating a little exercise into your holiday could help you feel better, [sleep better](#) and make it easier to get back into (or kick-start!) a fitness routine once you return home. If you are staying in a hotel, take advantage of free gym or swimming pool access and check out these [free apps](#) that can make keeping track of exercise while travelling fun and easy!

4. **S**plurge! You are on holiday, so let's not deprive! The trick is practicing balance, variety and moderation. Choose your splurges wisely, but do allow for them. Consider your favorite things and enjoy them, but perhaps pass on the things you can easily get at home that just add extra calories. Enjoying Italian gelato while passing on the white bread basket might be an example. Planning for perhaps a "treat a day" and aiming to sample treats "to satisfaction" (a 5 on your scale) rather than feasting (an 8 on your scale) on them is a brilliant [mindful eating](#) splurge strategy. Bigger is not always better!

5. **E**njoy eating anything, just not EVERY THING! Sometimes on holiday, we consider eating away from home a "special treat" and thus give ourselves carte blanche to overindulge even though many of us eat out on a daily basis. Sometimes, it isn't "what" we eat as much as "how much" we eat that gets us into nutritional trouble. Consider sharing meals around the table, ordering half-sized portions, taking leftovers or ordering appetizers as main meals since serving sizes at restaurants can often feed many. Especially if the food cannot be classified as "healthy", focus on smaller quantities to savour slowly since it has been [found](#) that most people who eat slower are able to control calorie intake and stay satisfied for longer. Once again, by **PAUSING** during your meal to ask yourself "Am I hungry?" you can choose whether you will continue or not. It's not about being "in control", but about being "in charge"!

It's worth the time it takes to **PAUSE** now and plan ahead for a healthy trip. Remember, vacation, like exercise, should be fun! Try new things, sightsee on foot, bike, swim or surf, and definitely enjoy the good food without total deprivation! Being healthy is a lifestyle, not a quick fix. Use the **PAUSE** tips above to record your [SMART](#) holiday goals since [research](#) shows that those who write down their goals accomplish significantly more than those who don't.