



Have a "Healthy" Vacation!

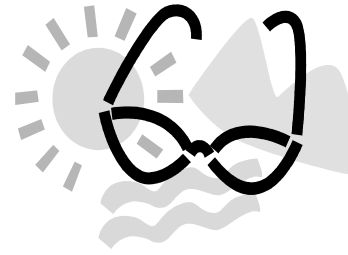
Summer is finally here and vacations are not far behind. Our good (or better) eating habits are often a temptation to leave behind. We use vacation as an excuse to overindulge in unhealthy choices in our diet only to return with a 5 to 10 lb. weight gain and a lot of guilt. Our bodies need rest and relaxation, and we are meant to live a life balanced between work and play but we are not created for self-indulgence.

"Everything is permissible for me"—but not everything is beneficial. "Everything is permissible for me"—but I will not be mastered by anything.

1 Corinthians 6:12 (NIV)

Ways to Eat Healthy While on Vacation

- ✂ **Resist the Urge to Splurge-** most of us grew up thinking of eating out as a treat and over-indulged but today many of us eat out on a regular basis.
- ✂ **Have It Your Way-** ask for menu items to exclude high calorie sauces and spreads, choose smaller portion sizes and have part of your meal "doggy-bagged."
- ✂ **Enjoy the Scenery and Enjoy the Food-** the trick is moderation. Sample them instead of feasting on them.



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- ✂ **Walking is Your Secret Weapon-** take a stroll after dinner, swim in the pool, or take the kids on an early morning hike.
- ✂ **A Treat a Day-** try to limit treats to one a day and then opt for healthier choices.
- ✂ **Better Choices on the Menu-** make healthful choices that appeal to you from the menu.
- ✂ **Water is Your Friend-** Traveling and being out in the sun can dehydrate you more than your body is use to. Bring water everywhere you go.
- ✂ **Take "Five a Day" on Vacation with You-** make an effort to get five servings of fruits and vegetables a day. This will make meals seem more filling and satisfying.
- ✂ **Eat When You're Hungry and Stop When You're Comfortable-** we are most vulnerable on vacation to eating even if we aren't hungry and not stopping when we are comfortable.

Source: <http://onhealth.webmd.com> and www.district4health.org

*The information in this insert is meant to complement the advice of your healthcare provider, not to replace it. Before making any major changes in your lifestyle, talk to your doctor.

For more information, please contact:
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