

AUGUST

healthy vacation



Eating healthy foods and getting regular exercise don't have to suck the fun out of your vacation this summer and they certainly do not need to cause you added stress. This month's newsletter will show you how to seamlessly incorporate these two aspects into your itinerary and already planned activities.

Whether you are hitting the beach for a week or jetting off to a foreign country, finding ways to fit in nutrient-dense meals and taking some time to break a sweat is easier than you might think. A few days or weeks away does not have to "make or break" the healthy habits that you have established in your life, so here is how to have fun while still making healthy choices on vacation.

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13 HEALTHY TRAVEL HACKS

1 PROBIOTICS

Vacation can expose you to many different foods and ways of living. Keeping probiotics (ideally a brand that does not need to be refrigerated) on hand can keep your digestion and bowel movements regular. Feeding your gut good bacteria can also elevate your mood.

2 VITAMIN C + GINGER

Great for boosting your immune system and combating illnesses (like the flu or common cold) while traveling.

3 NATURAL SALINE NASAL SPRAY

During a flight, the air inside the plane tends to have a humidity level lower than 20 percent, as opposed to the 30 to 65 percent we are used to in typical indoor environments. Not only will this dehydrate your skin, but it'll also dry out the mucus membranes in your nose—which are essential for preventing illness—leaving you exposed to all of the non-ticketed pathogens on board, even if you're heavy on the hand sanitizer. A quick spritz of natural saline nasal spray before you board will help.

4 MEDITATION APP

The *Calm* app or *Headspace* are great examples of guided meditation apps.

5 PACK YOUR OWN FOOD

Don't rely on fast-food when away from home. Pack snacks in a freezable lunch-bag to keep your healthy food cold.

6 POST-FLIGHT BATHE AND MASK

End a long day of travel with a bath filled with bath salts and a face mask to leave yourself feeling like yourself again. Bath salts and powdered face masks that you can mix with water are perfect for traveling.

Stay healthy and stress free on your next vacation

7 PALM-SIZED MASSAGE BALLS

Perfect for relieving shoulder or leg tension after a long day of traveling and/or sitting on a plane. This will help to get the lymphatic system moving again.

8 HIGH-QUALITY SNEAKERS

If it's an active vacation, bring high-quality sneakers for walking, sight-seeing, and hiking.

9 AROMATHERAPY

Essential oils can be used for a variety of purposes. Lavender is great for falling asleep; sweet orange is perfect for increasing energy.

10 MELATONIN

Melatonin is a natural sleep-aid and a naturally occurring hormone in our body that regulates our sleep-wake cycle.

11 EAR PLUGS

Keep out the noise on a plane or in your hotel.

12 SLEEP MASK

Perfect for shutting out natural or artificial lights when trying to rest.

13 FIRST AID KIT

You never know when you'll need it!

(Travelandleisure.com)

EATING WELL WHILE AWAY FROM HOME

Traveling anywhere disrupts your normal routine and in turn can throw off all of those healthy habits you've been working towards. Below are some tips to keep you feeling in control when you sit down for a meal while also allowing you food freedom when on vacation.



JUST SAY 'NO'

If visiting family and friends who like to indulge in a lot of sweets, alcohol, and big portioned dishes, it is important to decline these offerings when you have had enough to eat or simply do not want what everyone else is having.



VISIT THE LOCAL GROCERY STORE

If you're staying with family, stock up on your healthy meal plan staples and keep them at home. If you're staying in a hotel or hostel, get foods that don't require refrigeration like nuts or nut butter, whole grain bread, fresh fruit, and vegetables.



EAT BREAKFAST IN

It's said that breakfast is the most important meal of the day, but it's also one of the easiest ways to keep you on track. Preparing and eating breakfast at home (or wherever your home base is for your stay), will help fuel you for the day of activities ahead.



AVOID AN 'ALL-OR-NOTHING' MENTALITY

Rather than taking on a black or white approach, add some color here and there while you're away. Maybe you treat yourself to half a slice of that apple pie tonight and half tomorrow. Remember folks, eating healthy on vacation is all about balance.



PACK SNACKS

When you're starving, your instinct is to grab the quickest source of fuel — hello there sugary, simple carbs! This is your brain and body doing their job and sourcing your energy as fast as possible. To prevent entering the hunger danger zone, bring easy to pack snacks with you like nuts, fruit, minimally processed jerky, hard boiled eggs, string cheese, peanut butter, and celery sticks.



FOCUS ON FRUITS & VEGGIES

When in doubt, think to fill 1/2 of your plate with vegetables, a 1/4 with protein and a 1/4 with whole grains or complex carbs, then add a dash of healthy fat (avocados are a great source of healthy fats & essential minerals). Aim to have every meal and snack contain a fresh fruit or vegetable. This will give you nutrients and water that keep you feeling good and nourish your body while traveling.



STAYING ACTIVE ON VACATION IS EASIER THAN YOU MIGHT THINK

INCLUDE YOUR WORKOUTS IN YOUR ITINERARY

Determine when you will work out before you leave by taking stock of your daily schedule. If it's a business trip, glance at your itinerary and determine when you'll be able to fit in your workouts ahead of time. If it's a trip for fun, tell your friends or family that you plan on getting in a few workouts during your stay. It will let them know your plans and help keep you accountable.

PACK LIKE A FITNESS PRO

If where you're staying does not have access to a gym, pack lightweight resistance bands, running shoes, core sliders or a travel yoga mat in order to workout in your hotel room

SCOPE OUT FITNESS CLASSES NEARBY

Try a SoulCycle class or a different type of yoga—whatever it is, it will feel good to mix it up and explore what other cities have to offer. You can also call ahead to your hotel to see what the gym accommodations are within the hotel, if you prefer!

REMEMBER THE 2-DAY RULE

Try to never go more than 2 days in a row without working out. This rule keeps you accountable even when you're on the go, so you don't let your workout plan lag and find it harder to get back into the swing of things after a lapse.

STAY MOTIVATED WITH A FITNESS TRACKER

Wearing a fitness tracker on your vacation will act as a reminder to get moving if you've been too sedentary, and is a great way to see how many steps you've taken when exploring a new city!

FACTOR IN RECOVERY

Traveling can be exciting and adventurous, but it can also cause back and neck pain, stiff joints and muscles—especially if you add in working out. Sitting through long flights, sleeping on a different mattress, or even sitting too much at an all-day conference can cause your muscles to tense up. Pack an on-the-go massager to relieve sore muscles and alleviate pain while on vacation.



(gethealthyu.com)

GET VACCINATED BEFORE YOUR NEXT TRIP

CDC recommends ALL travelers be up-to-date on routine vaccines, including *measles-mumps-rubella (MMR)*, *diphtheria-tetanus-pertussis*, *varicella (chickenpox)*, *polio*, and *influenza*. Talk to your doctor or nurse about what vaccines are needed for your trip. If traveling abroad, you can also visit [CDC Destination List](#) for a list of travel destination and what illnesses to be aware of.



PREVENTING ILLNESS & INJURY



There are simple but important precautions you should take to avoid getting sick abroad:

- Wear EPA-registered insect repellent to prevent mosquito bites, which can spread serious diseases.
- Reduce your exposure to germs by washing your hands often with soap and clean water (if available) or use hand sanitizer (made with at least 60% alcohol).
- Be careful about what you eat and drink. Contaminated food or drinks can cause travelers' diarrhea and other diseases.
- Avoid stray, wild, or frightened animals. In addition to the risk of rabies, all animal bites carry a risk of bacterial infection.
- Pack a travel health kit with your health items and supplies, including your prescription and over-the-counter medicines.

Talk with your health care provider about other precautions you should take, based on your destination and circumstances. If you're planning a trip on short notice, don't put off making an appointment with a travel medicine provider. Even if you're leaving tomorrow, you should still visit your doctor or nurse to get needed medicine and health advice for a safe and healthy trip.

(CDC.gov)



ATTENTION ADULTS -- YOU NEED VACCINES, TOO!



Getting vaccinated is one of the safest ways for you to protect your health.



The vaccines you need as an adult are determined by many factors including your age, lifestyle, health condition, and which vaccines you've received during your life. As an adult, vaccines are recommended for protection against:

- » **Seasonal Influenza (flu):** Everyone 6 months and older should get a flu vaccine every year as the best way to reduce the risk of flu and its potentially serious complications.
- » **Pertussis (aka whooping cough):** The Tdap (tetanus, diphtheria, and pertussis) vaccine is recommended for women during each pregnancy and once for all adults who have not previously received it.
- » **Tetanus & diphtheria:** The Td vaccine is recommended every 10 years.
- » **Shingles:** The herpes zoster vaccine is recommended for adults 50 years and older.
- » **Pneumococcal disease:** Two pneumococcal vaccines are recommended for adults 65 years and older. One or both vaccines may be recommended for adults younger than 65 who have specific health conditions or who smoke cigarettes.

(CDC.gov)

NOURISH

3 CHANGES FOR LONG-TERM WEIGHT-LOSS SUCCESS

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did you know

According to the National Health and Nutrition Examination Survey, 56% of women and 42% of men are trying to slim down.

This year, 45 million Americans will choose a diet as their way to get there and will spend a whopping \$33 billion on weight loss products along the way

MOST COMMON ROADBLOCKS

- **Yo-Yo Diet:** switching from diet to diet
- **Lack of Consistency:** not sticking with a diet long enough to achieve sustained success

Nutrition doesn't have to be complicated, and it doesn't have to consume your every bite of the day. However, it does take awareness and a conscious effort to take healthier steps.



3 SIMPLE CHANGES YOU CAN MAKE IN YOUR DIET FOR LONG-TERM IMPACT

- **Limit consumption of added sugar:** Sugar is not the demon, but the amount of sugar you're eating is the problem. Start by replacing your most sugary treat with a healthier, lower-sugar option. Soda and artificial juices are packed with a massive amount of sugar and are the best place to start.
- **Minimize consumption of highly processed food:** Cut down on foods that come in a wrapper. Choose more whole, real ingredients such as fresh fruits and vegetables. **TIP:** if you can't pronounce the ingredient list, think twice before eating.
- **Strive to eat 3 meals a day that are focused on whole foods:** When you lower your sugar, stop eating fake food and focus on whole-food nutrition, you lose weight and feel better.

NOURISH

SHRIMP & BASIL STIR-FRY

4 SERVINGS

Recipe Adapted By: Bon Appétit



ingredients

- 3 chiles (or jalapeño), coarsely chopped
- 6 garlic cloves, smashed
- ¼ cup coconut sugar *OR* 2 Tbsp honey
- 2 Tbsp. fish sauce
- 1 tsp. sea salt
- 4 Tbsp. avocado oil, divided
- 1 lb. large shrimp, peeled, deveined
- 2 cups basil leaves (about 1 bunch)
- Lime wedges (for serving)

Suggestion: serve with a side of white jasmine or brown rice and extra sautéed vegetables, such as bell peppers, mushrooms, broccoli or sugar-snap peas. Kimchi is also an excellent side to this dish as it goes with the Asian flavor and is full of probiotics (it is now sold in most large grocery stores).

recipe preparation

- Blend chiles (or jalapeños), garlic, sugar (or honey), fish sauce, salt, and 3 Tbsp. avocado oil in a blender until smooth.
- Transfer marinade to a medium bowl and add shrimp; toss to coat. Let sit 10 minutes.
- Heat remaining 1 Tbsp. avocado oil in a large nonstick skillet over medium-high. After 1-2 min, and working in batches if needed, add shrimp, leaving marinade behind, and cook, turning once, until lightly charred around the edges, about 1 minute per side.
- Remove pan from heat. Add basil and toss vigorously until basil is wilted.
- Transfer shrimp mixture to a platter. Serve with lime wedges alongside.

NOURISH

CREAMY VEGETABLE RISOTTO

4 SERVINGS; 30 MIN

Recipe By: *Minimalist Baker*



ingredients

- 3 1/2 - 4 cups vegetable broth (warmed on the stovetop)
 - 2 Tbsp water (or oil), divided
 - 1 small bundle asparagus (ends trimmed or 1 small bundle broccolini, stalks trimmed (we used both))
 - 1 medium red bell pepper (seeds + stem removed, thinly sliced)
 - ~1/4 tsp each sea salt and black pepper
 - 3/4 cup thinly sliced shallot
 - 1 cup arborio rice
 - 1/4 cup dry white wine (or sub more vegetable broth)
 - 1/4 cup vegan parmesan cheese (plus more for serving) or regular parmesan cheese
- Using a ladle, add warmed vegetable broth 1/2 cup (120 ml) at a time, stirring almost constantly, giving the risotto little breaks to come back to a simmer. The heat should be medium, and there should always be a slight simmer. You want the mixture to be cooking but not boiling or it will get gummy and cook too fast.
 - Continue to add vegetable broth 1 ladle at a time, stirring to incorporate, until the rice is "al dente" - cooked through but not mushy. This whole process should only take 15-20 minutes (may take longer if making a larger batch).
 - Once the rice is cooked through and al dente, remove from heat and season with salt and pepper to taste. Also add vegan parmesan cheese and most of the cooked vegetables, reserving a few for serving. Stir to coat.
 - To serve, divide between serving bowls and top with remaining vegetables, additional vegan parmesan cheese, and a sprinkle of parsley (optional).

recipe preparation

- In a medium saucepan, heat vegetable broth over medium heat. Once simmering, reduce heat to low to keep warm.
- In the meantime, heat a large pan over medium heat. Once hot, add half of the water (or oil) and the asparagus (and/or broccolini) and the red bell pepper. Season with a pinch each salt and pepper and sauté until just tender and slightly browned - 3-4 minutes - stirring frequently. Cover to steam and speed cooking time. Remove from pan, uncover, and set aside.
- Heat another large rimmed pan over medium heat. Once hot, add remaining water (or oil) and shallot. Sauté for 1-2 minutes or until softened and very slightly browned.
- Add arborio rice and cook for 1 minute, stirring occasionally. Then add dry white wine (or more vegetable broth) and stir gently. Cook for 1-2 minutes or until the liquid is absorbed.