

Rebecca's 10 Best Summer Travel Tips

SUMMER VACATION: probably my two favourite words.

Vacations are a great time to relax our schedules and indulge in some of our do things on the spur of the moment but in order to keep loving ourselves (and our families!) we need to find a balance. We want to enjoy our time off but let's not fall off the wagon completely.

Those healthy habits we have integrated into our daily life are important to us and with a little planning you will be able to keep them up.



Below are my **10 Best Travel Tips**. I hope they will help you, whether you are planning a big trip abroad, heading to the cabin, visiting a new city, or planning a stay-cation.

- ❑ **MOVE EVERY DAY.** Whether it's a walk around town, a planned hike, a paddle board, a surf lesson or a hotel workout, it's important to move every day. Along with more casual exercise, look for opportunities to fit in quick sessions of strength training in with some push-ups, triceps dips, planks, squats, lunges and burpees.
- ❑ **STAY HYDRATED.** Typically summer vacation means sun and extra cocktails right? This is why it is extra important to drink replenishing liquids like coconut water, smoothies and plain H₂O. Staying hydrated will help with your moods, hunger levels and energy.
- ❑ **TAKE ALONG YOUR STAPLES.** I never travel without chia seeds! I also bring instant oatmeal, protein powder, KIND bars and trail mix. We try to make many of our own meals and visit local restaurants as a special treat. This not only saves us money but it keeps our guts in familiar territory.
- ❑ **BRING SNACKS.** For those hikes, days exploring a new city and beach days, bring healthy snacks. Travelling can mean missed or delayed meals and healthy snacks will keep your hangry impulses at bay.

Rebecca's 10 Best Summer Travel Tips (cont)

- ❑ **CHECK OUT THE BEST FOOD SOURCES.** Whenever I am traveling in the US, the first thing I do is check out where the Whole Foods is! When I traveled to London, I found the closest healthy grocery store on my first day I stocked my hotel room with healthy snacks. I also love to check out the local farmers' markets as they have the freshest fruit and veggies, plus you get to mingle with the locals!
- ❑ **RESEARCH RESTAURANTS AND CAFES.** Do a quick Google search of the restaurants in the area. I search for vegan cafes and seafood restaurants and then go over the menu to ensure it will suite my dietary preferences. And yes, you ARE allowed to order something special like a lobster roll—with mayonnaise and in a bun that contains gluten!! Also, ask the locals where they like to eat.
- ❑ **EAT VEGGIES EVERY DAY.** When dining out, start with a salad. Pack some raw veggies for your hike or stop by the local juice shop. Eating veggies will help you feel great, be proud of your food decisions, keep your digestion on point and provide you with vibrant energy.
- ❑ **REST.** Have you ever come home from vacation feeling like you need a vacation? That may be because you didn't rest enough. It's fun to stay up late, enjoy the bonfire, talk with friends and explore until the wee hours of the morning but lack of sleep will eventually take it's toll. So get to bed at a reasonable time and sleep in a bit, would ya!?
- ❑ **PRACTICE MINDFULNESS.** These are the moments you have been waiting for all year! Don't let yourself get too busy or too stressed to enjoy your vacation. Travelling is all about having the eyes of a child and exploring new places with family and friends. Slow down, make real connections, and soak up the sun! Make memories: swim in the freezing cold ocean, hike the scary cliff, try out the new art exhibit, do something completely new and out of your comfort zone. And enjoy every moment.
- ❑ **KEEP AN ATTITUDE OF GRATITUDE.** Remember, it's vacation! Wake up every morning with a short gratitude practice and end every day with another short gratitude practice. When we do this, we reinforce all the positive things that are around us and invite more into our lives.

I'd love to get more vacations tips from all of your out there. Let me know what worked and what didn't, and what you would do differently next time.