

# VACATION TIME



Ahhhhh vacation, finally some time for R&R. But wait... I don't want to let this trip derail me from my goals!

Well don't worry, just because you are on vacation does not mean all your positive habits have to be left with airport security!

Remind yourself of the basics; making sure your plate is abundant with protein and vegetables and don't let yourself get too hungry! Depending on the vacation destination, go to a local grocery store and pick up some of your staples such as protein bars or shakes! If traveling to a more desolate location, pack snacks with you!

Also, creating boundaries for yourself and sticking with them can be helpful! For example, come up with a plan that if you are getting ice cream, you will get a kid's cup, or if you have that glass of wine, you will skip the bread!

Lastly, have a plan for when you get home! Getting back to reality can be chaotic and food tends to fall short. Have a grocery pick up/delivery order ready to go so you get back into the groove without skipping a beat!

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