

Regional Weight Management Center

July 2010 Newsletter

Traveler's Guide

It is always a challenge to continue your weight loss journey while on the road. Here are a few tips that may make travelling easier.

- Consider staying in a room equipped with a small refrigerator and microwave. Plan to make your own breakfast and dinner.
- For leisure travelers, condo rentals are another option for getting all the convenience of home while away from home. You can prepare meals and eat out less often. They are a good choice if you are traveling with a group. In addition, many offer an on-site fitness facility or are located in areas with recreational activities nearby.
- Practice Defensive Dining
Rehearse polite resistance. Be sure to rehearse how you will resist pressures to have a drink, dessert, or other food that you haven't planned on eating.
Know how to make the best of a buffet. Walk the length of the buffet before selecting any foods. Then go to the end of the line and grab a plate once you know what your choices will be. Take only one plate. Put all of your food on that plate. Make only one trip through the line. Walk ahead of people who may encourage you to "take a taste" of items you don't want.
Seek out dining companions who will support your success.
- Look for restaurant that offers a varied menu, including a variety of entrees and preparation styles, the option to order a la carte, or one where food is prepared to order.
- It is important to stay active while on the road.
First, accept that your exercise routine may be less vigorous and well-balanced than the one you follow at home. Resolve to do whatever you can, whenever you can, and wherever you can.
Ask if your hotel offers exercise equipment that can be brought to your room or if there is a DVD in your room to play an exercise disc. Or use the DVD player on your computer.
Explore fitness opportunities in the area you will be staying before making hotel reservations. Many hotels offer indoor swimming pools and treadmills. If not, ask if the hotel has a facility-use agreement with a nearby health club.
Turn the environment into a fitness zone. Be flexible and creative. Hotel halls can make safe, convenient walking tracks. Take the stairs instead of the elevator.
Ask the hotel concierge to recommend a safe walking place in the area. A nearby mall can be a good place to walk, especially in hot humid weather, or early in the morning and after dark.

Remember that success is created one thought, one word and one action at a time.

Terry Anderson, Supervisor
Regional Weight Management Center
Phone: (605) 719-1375