



THE COMPLETE HEALTH AND FITNESS TRAVEL GUIDE

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INTRODUCTION

If you're a health-conscious individual that cares about the pursuit of improved health and fitness, it's likely that you've had to navigate the challenges that travel brings to your health and fitness goals.

It's likely that vacations and trips have been more of a pain than they should be. It's likely you've felt frustrated on your trips. Perhaps obsessively thinking about your food and workouts has negatively impacted your vacations. Maybe you're the person no one wants to be around on vacation because you constantly have a stick up your bum as you're always stressing about how your diet is going to be able to continue on vacation.

Regardless of where you're at now or where you've been in the past, you've likely experienced travel having an impact on your progress.

My hope is that after reading through this guide, you not only have some tangible takeaways that you can apply, but that you also gain a different mindset that allows you to enjoy your travel and vacations to the fullest without completely compromising your progress.

I am confident that the things you'll read through will indeed help you as they've helped the hundreds of clients that I've trained over the years as a fitness and nutrition coach.

PART 1: MINDSET

Your actions are a reflection of your mindset. So, if you want to change your actions and the way you behave while on vacation, you need to change the way you think about vacation.

When I was a young and inexperienced trainer, I would've told you that when it comes to travel, you need to approach it like a competitive bodybuilder. Travel with meals that you've cooked beforehand, don't drink, and basically just suck it up so you can be "perfect" while traveling.

Goodness gracious. I'm so thankful that I am not writing this guide at that stage of my career.

That mindset of trying to be "perfect" is exactly what sets you up for failure from jump street.

When you accept that you will in fact not be able to follow your nutrition guidelines perfectly, and that you may not even get one workout in, you will free yourself from the burdens of the all-or-nothing mindset. And that right there is the first thing to address when it comes to travel and prioritizing your health and fitness.

And when you're able to do that, you'll not only be able to be far more consistent with your training and nutrition than you ever were before, but you'll also be able to kick back, relax, and enjoy your vacation.

But what exactly does that look like?

A LITTLE BIT BETTER

You see, after you've accepted that you can't and will not be perfect no matter what happens, you give yourself the space to focus on being a little bit better. And when you focus on being better you are able to make improvements continually.

With the all-or-nothing mindset, that cannot happen. Why? Simple. It is impossible for you to be

perfect with your training and nutrition all the time. So when you're not perfect, or when something is slightly out of your control, you say "screw it" and stop trying. Because you can't do it all, you decide to do nothing at all.

When you focus on being better, you will always choose something over nothing. You will choose to make the most of what you have. And a bunch of somethings, so to speak, strung together over time will get you much better results than a bunch of nothings.

To be clear, this isn't something that you just turn on when you check into your hotel or get on your flight. It's something that is ever-present. It's something that needs to be addressed at all times, whether you're at home going through a busy day or on vacation sitting on the beach.

So, the best thing you can do to improve your mindset during vacation is to improve your mindset while at home. You need to ask yourself where your mindset is sabotaging you in your everyday life.

Ask yourself "where can I focus on being a little bit better, rather than being perfect?"

Perhaps you have a poor mindset when it comes to food. Maybe when you go to Chick-Fil-A, you get a sandwich, fries, mac n cheese, and a milkshake because you couldn't optimize the meal like you would at home. So you just said "screw it" and gave up. Try asking yourself, "how can I make this meal a little bit better?" Maybe you choose to get water instead of a milkshake. Maybe you get a small fry instead of medium.

Maybe you feel that you can never miss a workout. So when you go on vacation and can't workout like you did before, you say "screw it" and don't get any activity at all. It may be worth asking yourself, "ok, If I can't workout like I always do, what can I do to get some activity in?" Maybe you go for a few walks on the beach, or swim for half an hour. Sure, it may not be the way you prefer to exercise, but it's likely better for you than not exercising at all as you eat yourself to sleep at the all-inclusive resort you visit.

No matter where you're at, the all-or-nothing mindset can and will sabotage your vacation unless you learn to ditch it. The applications in the next section will help you shift your mindset, allowing you to practice being better instead of being perfect. But before you do any of the things I'm going to mention, you need to accept that you will not be perfect on vacation. You must accept that reality before moving forward.

PART 2: APPLICATION

LIVING 80/20

Living 80/20 is one of the best recommendations I can give to anyone looking to enjoy vacation and travel without completely derailing their progress.

It's quite a simple approach. Focus on 80% of the food you consume to be whole, natural, minimally processed nutrient-dense foods. 20% of the food you consume can come from less optimal foods like chips, candy, chocolate, pastries, etc.

It's much easier and far more sustainable to be 80/20 than it is to be all or nothing. And the more you practice being 80/20 in your normal life, the easier it will be to implement on vacation.

PRIORITIZE PROTEIN

Carbs and fats are extremely easy to find in foods, even when you're focusing on living 80/20. Protein, however, is much harder to come by.

Getting adequate protein is not only going to help you feel satiated (fuller) for longer, but it is also going to support the maintaining and building of muscle which is a contributing factor to your metabolism. More muscle and strength leads to a faster metabolism. Protein also has a high thermogenic effect, meaning it takes more calories for the body to digest compared to other nutrients. It's not a lot, but again, something is better than nothing!

Though you may not be able to get the ideal amount of protein for your needs while away from home, it still pays off to prioritize it in each meal. If you focus on getting an extra 10 grams of protein in each meal, you could easily get another 30-50 grams of protein per day depending on how many meals you have. It adds up!

Again, we're striving for better, not perfect.

SLOW DOWN

This is where a lot of people slip up. Because they restrict themselves at home, they feel that vacation is an excuse for them to binge eat like nobody's business.

Binging comes from the desire of wanting, rather than the enjoyment of having. Let me explain.

When we binge eat, we are not only eating fast, but we are grabbing the next bite to put into our mouths before we've even fully chewed and swallowed the previous bite. We're obsessing over the next bite which causes us to completely miss out on enjoying the first bite!

Slowing down can help a lot with this. There are a few things you can do to slow down.

My favorite is putting your utensil down in between bites. If you've never tried this, it's going to be extremely challenging the first time. You're forcing yourself to break a habit you've likely had for years. Take a bite of food, and put the utensil down.

The next is completely chewing and swallowing the bite of food before picking up your utensil to get the following bite.. Don't get the next bite ready until you've swallowed the last.

Doing those two things will cause you to physically slow down. And when you physically slow down, it's easier to slow down mentally. And when you slow down mentally, you can actually enjoy the food you're eating without feeling like you need to have five servings!

When you slow down, you create the space to actually think in the present moment about how much you're enjoying your food. You get to fully experience the taste and the texture of the food. When you enjoy food like that, one serving is often enough.

Not only will you be able to thoroughly enjoy your food, you'll also be able to accurately gauge your satiety. You'll actually notice yourself starting to feel full, as opposed to eating fast, where you don't notice till it's too late and you're stuffed. This can help you stop at an appropriate time.

When you go fast, and shove one bite into your mouth as you look at the plate to get the next bite ready, what you're focused on is getting as much food into your mouth as possible, instead of enjoying what's already there. And you'll likely overeat to the point where you're uncomfortably full.

Binging is wanting the next bite, enjoying is having the current one. Enjoy it.

ONE BIG SERVING OF GREENS PER DAY

We overcomplicate greens a lot.

Simply get one big (two fist fulls) serving of greens each day.

The brevity of this section shows you how straight forward this one is.

And no, iceberg lettuce doesn't count.

DO SOME SORT OF ACTIVITY

It's usually not solely nutrition or a lack of exercise that sabotages people on vacation. It's almost always an extreme combination of the two. Hundreds to thousands of excess calories consumed per day is one thing. But to do that and decrease your normal activity is a whole different animal.

Now I will say this, you do not have to workout on vacation at all. The decision to workout or not will likely be determined by factors such as enjoyment, mental health, demands of goals, free time, and more. For example, I thoroughly enjoy working out on vacation because it's a different environment with different equipment. I love it, so I workout a few times while on vacation. For some, a workout helps improve their mood, so they choose to workout on vacation. A very small percentage of you may have a challenging goal with a deadline, so you may need to get your workouts in.

If that's not you, and you don't want to do a formal workout on vacation at all, that is OK! Just try to get some movement in. Go for a walk on the beach. Do a yoga class at the resort fitness center. Walk around town, do something. An easy thing to do is focus on hitting a step goal each day.

CLOSING THOUGHTS

I will share with you the same two things I share with my clients as I close out.

1. Vacation is vacation. Enjoy your freaking vacation.

Vacation is not the time to stress about your macros, or to freak out because you don't have access to the same leg press machine you do at home.

Vacation is time to explore new scenery, try new things, unplug yourself from the world, and connect with your friends and family.

Treat your vacation as such.

And remember, one week "off your game" isn't going to break you just like one week "on your game" isn't going to make you.

2. This stuff seems trivial when you read it, but can make astronomical differences if you apply it.

You may have read through this guide and thought to yourself "wow, nothing new here. I just wasted my time."

The only thing that will waste your time is your decision to not apply these tips into your life. Choosing to actually apply yourself may make all the difference in the world.

After all, information without application doesn't really amount to much.

I hope this guide has served you in some way. I am thankful you decided to give it a read. If you want more content to help you reach your goals...

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Ready for more?

If you're ready to take your health and fitness to the next level as you transform your body, mind, and spirit, I would love to see how I can best serve you. Start by filling out a coaching application [here](#).

ABOUT THE AUTHOR



Adam Poehlmann is a fitness and nutrition coach based in Fort Worth, TX. After hanging up the baseball cleats, he found a strong interest in the human body and how it performs. Since then, Adam has been transforming lives through fitness and nutrition in a fun and encouraging atmosphere. You can find more information about Adam [here](#).

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