



Vacation Wellness: KEEPING HEALTHY WHILE HAVING FUN

Vacations can be exciting, offering a much-needed break from daily routines and a chance to explore new places, cultures and cuisines. However, they can sometimes throw a lot of things in your life out of order – including fitness regimens. Whether you're a fitness enthusiast or simply looking to stay active while away from home, deciding to work out on vacation is a personal choice that benefits both mind and body. With a few easy tweaks, you can maintain your fitness goals and still have fun on vacation! Here are some helpful tips to help you stay committed to your fitness journey during your getaway:

Pack Essentials

Remember to pack your favorite workout gear! Keeping a pair of sneakers, resistance bands or a yoga mat in your luggage can make staying active effortless.

Embrace Active Exploration

Instead of taking a bus or taxi, walk or bike to restaurants or sites when able. Embrace your vacation spot by researching activities that involve physical activity. Going for a scenic hike, city bike tours,

snorkeling, paddleboarding, surfing or even joining a local group workout class are all ways to keep your body moving.

Make Smart Food Choices

Enjoy the wide variety of cuisines available to you on your travels but try to balance your meals with healthy options. Practice mindful eating by loading up on fresh vegetables, fruits, lean protein and whole grains. Planning your meals ahead can help you manage the tempting array of delicious food nearby.

Stay Hydrated

With the excitement of a new location, it's easy to forget to stay hydrated. Bring a refillable water bottle with you wherever you go to replenish lost fluids. If you plan to go out drinking, avoid too many sugary drinks and consider limiting your alcohol intake to feel your best throughout the trip.

Maximize Your Surroundings

Many hotels offer fitness facilities with basic cardio and weightlifting equipment, so take advantage of these amenities to stay committed to your fitness goals. You can also get creative by doing bodyweight

exercises in your room, like squats, lunges, pushups and planks, to maintain your strength with absolutely no equipment!

Prioritize Rest and Recovery

Vacations are meant to be a time to unwind and recharge both physically and mentally. Prioritize getting enough sleep, taking breaks when needed and listening to your body's cues to get the most out of your vacation.

Finding balance between staying active and embracing relaxation on vacation doesn't have to be complicated. With a little planning and a positive attitude, you can enjoy all the excitement of travel while keeping your health and wellbeing a top priority.

Raphael. (2023, May 22). 10 Tips for Staying Fit On Vacations. Fitness Project.

Pohlgeers, K. (2021, July 23). Staying Fit on Vacation: Tips for Maintaining Your Routine | UofL Health.

Nick Karwoski. (2023, July 26). How to Work Out On Vacation: 10 Tips for Exercising. Hydrow.

VEGAN TEMPEH TOMATO LETTUCE SANDWICH (TLT)

Try this vegan version of the traditional BLT

Total Time: 20 minute **Serves:** 1

- 2 slices of bread
- 4 ounces tempeh, sliced thin
(Tempeh [pronounced "tem-peh"] is a plant-based protein made from fermented soybeans, typically found near the tofu in the grocery store.)
- 1 tablespoon olive oil
- 1 tablespoon soy sauce
- 1 tablespoon maple syrup
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1 large tomato, sliced
- 2-3 romaine lettuce leaves, washed and dried
- Vegan mayonnaise (optional)
- Avocado slices (optional)

Marinate the tempeh: In a shallow dish, combine olive oil, soy sauce, maple syrup, smoked paprika, garlic powder and black pepper. Add the tempeh slices and turn to coat them evenly. Let marinate for at least 15 minutes, or up to 30 minutes for deeper flavor.

Cook the tempeh: Heat a grill pan or skillet over medium heat. Once hot, remove the tempeh from the marinade and cook for 2-3 minutes per side, or until golden brown and slightly crispy.

Assemble the sandwich: Toast your bread slices to your desired level of crispness (optional). Spread mayo on one slice of bread (optional). Layer with lettuce leaves, tomato slices, and cooked tempeh. Add avocado slices for extra creaminess (optional). Top with the other slice of bread and enjoy!

Tips:

- You can use a grill for a smoky flavor when cooking the tempeh.
- For a thicker tempeh, slice it at an angle.
- Add other vegetables to your sandwich like cucumber, red onion or bell peppers.
- If you don't have a grill pan, you can also bake the tempeh in a preheated oven at 400°F (200°C) for 15 to 20 minutes, flipping halfway through.

Nutrition Facts Calories per serving: 450, Protein: 20 g, Total Fat: 22 g, Total Carbohydrate: 40 g

Recipe adapted from: thegardengrazer.com



HERE'S YOUR SUMMER-SAFE OUTDOOR FITNESS CHECKLIST

Exercising outdoors benefits our mental wellbeing in a multitude of ways – from improving immediate moods to reducing stress, boosting self-esteem, amplifying mindfulness, promoting better sleep and much more. The summer months are an opportune time for many of us to tap into these perks at a high frequency! It's also critical to safeguard our skin from the sun's rough UV rays as well as the heat. Here are some expert recommendations to consider when taking your fitness outdoors this season.

BLOCK THE SUN'S RAYS

- ☒ Use sunscreen. It's especially important to apply sunscreen to your face, head and neck.
- ☒ Purchase broad-spectrum, SPF 30 sunscreen. The sun protection factor (SPF) number on your sunscreen means it provides many times the length of protection by healthy skin.
- ☒ Rub in sufficient sunscreen (1 ounce or two tablespoons) 30 minutes before heading outdoors.
- ☒ Reapply roughly every two hours between 10 a.m. and 4 p.m., or right after swimming or sweating.
- ☒ When shopping for sunscreen, search for sport or water-resistant varieties.
- ☒ Heat can damage sunscreen; wrap your sunscreen in a towel to preserve its protective properties.
- ☒ Clean your skin before sleep to prevent clogged pores and skin dehydration.
- ☒ Follow the marked expiration date or write your purchase date on the bottle. Sunscreen is good for three years, even if opened.
- ☒ Toss any sunscreen if its contents have separated, if it has changed color or if it has a different odor.
- ☒ Remember your lips! Try an SPF lip balm this season.

- ☒ Use a sweatband to protect your eyes when sunscreen begins to drip!
- ☒ Wear protective clothing with UV-blocking properties.

HYDRATE

- ☒ Water is the supreme form of hydration. Make it more enticing to increase your water intake by adding fresh lime, lemon or even watermelon to your water bottle this summer!

PREVENT HEAT EXHAUSTION

- ☒ Exercise early in the morning, or at dusk to seek the cooler hours of the day.
- ☒ Create your shade. Use tents or umbrellas, or seek a route in the shade to block sun rays while exercising.
- ☒ Do your cool-down stretching in the shade after exercise.
- ☒ Cool down your pulse points. Place an ice pack, hot-water bottle (filled and placed in the freezer), or homemade cold compress on your wrists, neck (front and back), elbows, ankles and behind your knees.
- ☒ Try eating light with a cooling summer salad. Eating light is another method we might overlook when trying to keep cool during the hot months. Salads are easier to digest, will prevent a sluggish feeling, and can help keep us hydrated in the heat.
- ☒ Or try some fun outdoor water activities to keep cool! Check out our feature at MotivateHealth.com for more ideas – Fun Ways to Keep Cool on Hot Days!

"Sun Safe," Motivate Health, motivatehealth.com, June 13, 2023.

"Fun Ways to Keep Cool on Hot Days," Motivate Health, motivatehealth.com, June 24, 2021.

