

Five Ways to Avoid (Personal) Excess Baggage When Traveling This Holiday Season

LOS ANGELES--(BUSINESS WIRE)-- Airport layovers, road trips and holiday vacations are just waiting to lure you to celebrations of gluttony. Traveling disrupts our usual schedules, and it's easy to become disconnected from a structured lifestyle. But, with some planning, you can maintain your established pattern of eating and exercising and avoid piling on the pounds over the holidays.

No matter where you go or how you get there, it's critical to be prepared. Expect the unexpected - from a delayed flight to a well-stocked mini bar in your room - and it'll be easier to stay on track.

- Car Trips - Skip the 'road food', and pack healthy meals and snacks instead. And don't leave the house until you've eaten. "Leaving for a road trip without having a healthy meal first is as dangerous as grocery shopping on an empty stomach," notes Luigi Gratton, MD, vice president of medical affairs at Herbalife. "If you're in a rush, take a protein shake with you so you'll be less tempted by the drive-through," he adds.
- Pack Ahead of Time - Easy-to-pack protein bars, fruit, nuts or soy nuts, string cheese and individual packs of baby carrots are good snacks not only for the road, but also if you're planning to fly. Finding healthy items at the airport is a challenge - fruit, yogurt, salads or sandwiches can be found - but packing your own will save you calories and cash.
- Fluid Calories Count Too - Staying hydrated, especially if you're flying, is important - it's recommended that you drink a cup of fluid for every hour you're in the air - but if you're chugging sodas or cocktails, you'll swallow a bundle of calories. Stick to water, iced tea, or lightly sweetened sports beverages instead.
- Beware of Mini Bars in the Night - If staying at a hotel, you'll likely be suffering from a dangerous combination of fatigue coupled with tempting foods from the mini-bar or room service. Don't even take the key for the mini-bar, and ask about healthy dining options in the area where you're likely to find the foods you generally eat.
- Get a Move On - If your flight is delayed, use the time to walk in the terminal rather than letting the restaurants and watering holes beckon you in. Traveling is tiring, but rather than using food as a pick-me-up, go for a walk or hit the hotel gym after you get settled.

So whether you're going over the river or through the woods arriving back home and starting the new year without carrying any 'excess baggage' is the best holiday present you can give yourself.

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Source: Herbalife Ltd.