

Staying on Track While Traveling

Supports: Building Block 19 — Stay Active & Eat Well When Traveling

Why It Matters

Travel throws off your usual rhythms, and that's okay — a trip is not the time to expect perfection from yourself. With a little planning, though, you can carry along foods that help you feel your best and find small ways to move, so you arrive feeling good rather than depleted. Staying in tune with your hunger and fullness matters even more when everything around you is busy and unfamiliar. Approach it with flexibility and kindness, and you'll find you can enjoy the journey and feel steady, too.

What to Know

Pack foods that travel well

Having good options on hand means you're less likely to get overly hungry and stuck with whatever's nearest. Bring a mix of portable, balanced foods you actually enjoy, and keep water within easy reach to stay hydrated on the road or in the air.

- Protein bars, cheese sticks and cubes, hard-boiled eggs, and yogurt or cottage cheese.
- Fruit that carries well — apples, oranges, bananas — plus veggie sticks with hummus or almond butter.
- Mixed nuts, trail mix, and whole-grain crackers like Triscuits or Wasa.
- Make-ahead options: overnight oats in jars, quinoa salads that keep cold, and turkey or chicken wraps.
- A refillable water bottle you can top off once you're through airport security.

Keep moving on the road

Long stretches of sitting are part of most trips, so look for easy chances to move. At each rest or bathroom stop on a drive, take a brisk lap around the lot and stretch for a couple of minutes. In a hotel, check out the fitness room, take the stairs, and explore a new city on foot — sightseeing counts. As always, check with your doctor before starting or increasing physical activity.

Set up your space

- Ask whether your room has a fridge, or request one, to keep snacks and leftovers fresh.
- Find the nearest grocery store when you arrive so healthy options are close.
- For longer stays with a kitchenette, a small crock pot can make easy meals simple.
- When you can, sit down to eat rather than grabbing a drive-thru — it's a chance to relax and refuel.

Be kind to yourself. Travel days rarely go exactly to plan, and that's fine. Do what you reasonably can, enjoy the experience, and pick right back up with your routine when you're home.

Try This

Before your next trip, choose a couple of portable foods and one movement plan so a little of the work is already done.

- ? Which travel-friendly foods would you actually enjoy packing?
- ? Where could you fit small bursts of movement into your travel days?
- ? What would being gentle with yourself look like on a busy travel day?