

Don't Let Weight Gain Ruin Your Vacation

A summer trip is easily one of the most anticipated events of the year-the chance to get away from work and to relax with your loved ones is priceless.

With all of the excitement, it's not surprising that most people unknowingly end up gaining a pound each day of their vacation. And if you're going on a cruise then your weight gain may be closer to two pounds each day.

But wait, your summer vacation doesn't have to end in weight gain. Keep the following tips in mind as you embark on your summer adventure and you may come home fitter than when you left.

Tip One: Have a Plan

Vacations are the perfect place to gain weight since it's the last thing on your mind. Your best line of defense is to keep your fitness goals at the forefront of your mind. Before you leave for your trip sit down and set a goal.

A realistic goal is to maintain your current weight or to lose a pound or two. Get the whole family on board and keep each other accountable throughout the trip.

Tip Two: Make Exercise a Must

So often exercise is looked at as a chore, but vacations are the perfect time to really enjoy a good workout. You won't be rushing home from work trying to squeeze in a few minutes at the gym; rather the vacation workout can be a relaxing and enjoyable experience.

Virtually every hotel these days has some type of workout room equipped with cardio machines, dumbbells and a universal machine. Don't know if the hotel you're staying in has a workout facility? Plan ahead and take a jump rope with you. When you get to your destination, check around and find a place to rent a bike for the week. It will help you stay fit, save gas, and give you a different view of your vacation spot! If you are taking a cruise then you are in for a real treat – most workout facilities on cruise ships have huge windows that look out onto the ocean.

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Tonya Tittle

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Testimonials

AMY GOOD (Owner Memphis Health & Fitness Magazine, 28) I chose Energy Fitness because it has a great, clean urban atmosphere. I sought out a personal trainer because I had hit a plateau in my own workouts, and the trainers at Energy Fitness have taken one minute per mile off my running time.

ANDY CATES (real estate, 35) I wanted to get in shape, and I knew that I needed someone to push me. I like Energy Fitness because of the boutique environment and the friendly staff and clientele. The workouts are intense, and it's more private than a regular gym.

Art for Sale

Vacations are also a great time to take your workout outdoors; take a run on the beach, do sprints, find some stairs or hills to run, (use that jump rope you packed!), or do pushups and crunches on a grassy field. If you want more ideas of workouts you can do using just your body weight then give me a call or send me an email.

Tip Three: Maintain your Metabolism

When traveling it is easy to go for hours without a meal-between flights and long drives food sometimes isn't readily available. The problem here it two fold. First your metabolism slows from the long absence of food. Secondly you are more likely to indulge in a high calorie meal when you get around to eating next.

Avoid this yo-yo of starvation and overindulgence by carrying healthy snacks with you and eating something every three hours. A handful of almonds, a piece of fruit or a small protein bar are fantastic options to keep on hand. Our clients love cravers, a snack size 180 calorie protein bar that satisfies hunger and fuels the body. www.ProgradeMemphis.com

Tip Four: Eat Smart

While we all know that eating in is usually healthier than eating out, on the road you simply don't have a choice – all of your vacations meals will be eaten out. So take the time to order with your health conscious mind, and not simply your taste buds. Watch out for extra large portions- don't be afraid to take a doggie bag back to your room (assuming of course that you have a refrigerator). If you have a kitchenette, then go to the grocery store and get some eggs, cereal, and milk. Also buy some fruit and unsalted nuts for snacks.

Another thing to keep in mind is to keep fried food consumption to a minimum. Fried foods contain more fat and calories than other options, they are also likely to give you heartburn and indigestion-two things you don't need spoiling your vacation. Stick with dishes that contain veggies, lean meats, whole grains and always ask for your salad dressing on the side.

Enjoy your vacation! And when you get back into town call or email me for a fitness and fat loss consultation and I'll show you a step-by-step plan for getting you the body that you deserve – in less time than you think.

Featured artist currently displaying in our front room/yoga studio.

[Katie Breymaier Austin](#) is our *featured artist for July and August*. She is a self-taught artist living in East Memphis with her husband and two-year-old daughter. Katie recently received a B.A. in Science Education from the University of Memphis.

She has donated several paintings to different local charities. Katie works mostly with acrylic, but does like to occasionally utilize oils as well. Her work is very centered around textures, with most of her paintings on display having a rough, thick finish, and she also enjoys painting on wood as well of canvas because of its natural texture.

Feel free to peek in the front windows to see Katie's art. She is working on a few more pieces to hang and will be finished soon.

If you want to get a closer look then please join us as we open our doors for the July Trolley Tour - the last Friday of the month from 6 p.m. to 8:30 p.m. for you to see the art and/or ask our Personal Trainers any fitness related questions you have.

Dieting Alone Doesn't Make the Cut

Have you tried losing weight by dieting alone? Frustrating isn't it? Exercise is a vital part of the weight loss formula and is proven to increase your metabolism all day long. Dieting alone could never do that.

Fruit Medley



Craving something sweet? This recipe is the perfect summer dessert. If you don't have nectarine or pear on hand, be creative and use other fresh fruits.

Servings: 2

Here's what you need...

- 1 white nectarine, chopped
 - 1 pear, chopped
 - 1 Tablespoon chopped pecans
 - 1 Tablespoon chopped dates
 - Dash of cinnamon
1. Mix the nectarine, pear, pecans, and dates in a medium sized bowl. Sprinkle with cinnamon and mix until well coated.

Nutritional Analysis: One serving equals: 119 calories, 3g fat, 24g carbohydrate, 4.5g fiber, and 1.5g protein

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