



MedwellNews

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STAYING FIT ON VACATION

It's time for vacation and you're ready to clock-out, relax, and have a good time! The temptation of laying around on vacation and doing nothing may seem appealing, however, it is important to stay fit for our bodies and mind.

We don't need to head to the gym every day, but we can do little things to stay active. For instance, when you are on vacation there is nothing better than walking the beach, walking the strip, or exploring the attractions! These may not seem like ways to stay fit, but they are! Enjoy your vacation and add those simple, fun movements into your day! You'll be happy that you were able to venture out. We have some fun suggestions we would like to share with you and wish you a vacation full of good times, relaxation, and movement!

Check out these fun suggestions:

- Explore a national or state park.
- Try a new activity such as rock climbing, caving, trail-running, etc.
- Book a hotel that has a swimming pool and/or tennis court.
- Take a walking or bike tour.
- Walk to the restaurants.
- Participate in water activities such as kayaking, canoeing, paddle boats, rafting, and surfing.
- Go out dancing.
- Take meditative walks on the beach or through nature trails.
- If visiting family or friends, take a walk after dinner to catch up.

So, enjoy your vacation by doing new, fun activities! You'll have fun and do your body good!

TRAVEL FOODS

- Cheese and crackers or fresh bread
- Bagel with cheese, hummus, olive tapanade or nut butter
- Apple or banana and nut butter
- Trail mix
- Tuna fish and bread
- Smoothie and nuts
- Nut butter and honey sandwich
- Black bean wrap
- Walnuts and golden raisins
- Yogurt and nuts and/or fruit
- Whole wheat toast, peanut butter or other nut butter
- Sliced fruit and cheese slices
- Fruit and nuts
- Sliced veggies (ex. carrots, bell pepper, celery) dipped in dressing
- Hummus wrap
- Yogurt and granola
- Avocado, and tomato on a slice of bread or a bagel
- Hard-boiled egg, bread
- Olives and some sliced veggies and cheese
- Popcorn topped with butter and seasoned salt
- Dried fruit and nuts
- Vegetable, cream cheese sandwich
- Dark chocolate
- Maki roll

WELLNESS NEWS OF THE WEIRD



A recent survey done by Harris Interactive Inc. noted that Americans leave 9.2 days of vacation unused. This could be one of the many reasons our culture is so stressed!

CULINARY VACATION

Research indicates how "clocking-out" may help in lowering a person's risk of stress-related diseases. It is important to take a vacation when you can, and why not make it a culinary vacation?

The organization Oldways host trips to various regions of the world with itineraries that are food centered. These culinary trips are led by experts that take you into markets, vineyards, local restaurants, and cultural sites. The trips are about 7 to 10 days in length. To find out more about Oldways, go to: <http://oldwayspt.org/programs/culinaria-travel-upcoming-trips>

If planning a vacation tends to stress you out, then Oldways may be the perfect solution for you!

STAYCATION

Can't go away on vacation this year? That doesn't mean you can't use vacation time. Why not make it a staycation? A vacation where you stay at home and enjoy the quiet, spend time with love ones, or find fun things to do in your area!

Enjoying the Quiet

Are there things you have needed to do around your house that you haven't been able to? As long as you find them relaxing, go for it! This time is all about you!

Spend Time with Loved Ones

Just enjoy the time you are able to spend with your loved ones without the worry of work!

Enjoy Your Area

We all take advantage of our area by doing the norm! Take some time to explore areas you usually don't go but have always wanted to! Pretend to be a tourist for a while. You'll appreciate your area more than ever!

ASK WILL

Do you have any strategies for being on the road? The other day I was traveling for work but couldn't stop for lunch. I skipped lunch instead of eating something but ended up really hungry at dinner which didn't end well....

Sometimes work just seems to take over. We need to always make an effort to take care of ourselves. Some solutions for when you know you will be on the road are:

1. Stop the night before and pick up lunch items. When you wake up in the morning, pack up your lunch and take it with you.
2. Bring snack items. Check out the travel food section of this newsletter for some ideas.
3. If you find yourself having a quick break, take time to enjoy lunch at a restaurant or at a grocery store's prepared food section.



HAVE A QUESTION?

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