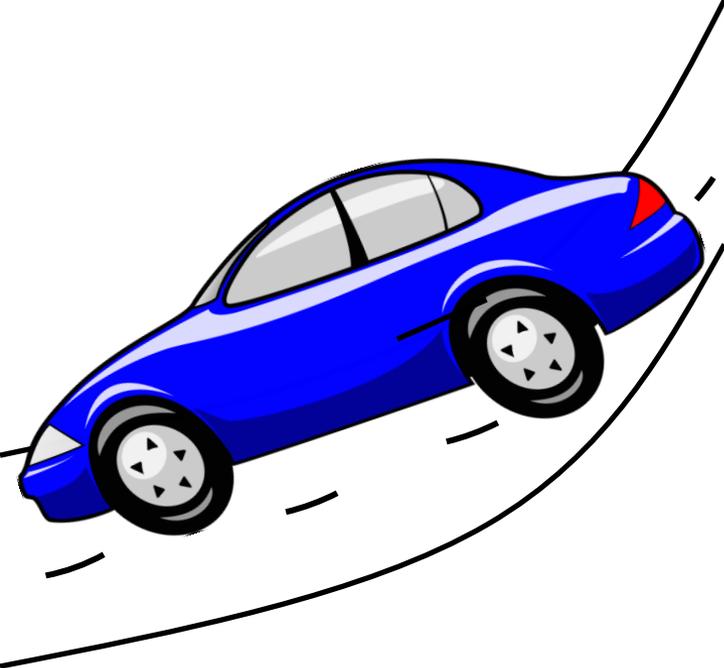


Eat Well on the Road

***Don't let business travel get in the way of your healthy lifestyle.
Tune-up your eating habits on the road with these travel-friendly tips.***





While
You're...

Packing Your Bags

Plan for Success

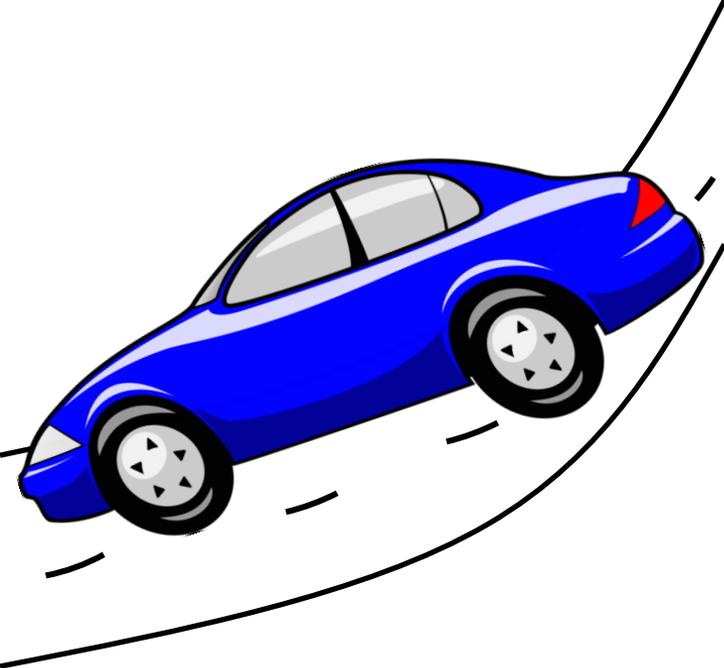
Think of ways to get ahead of the game: take along a healthy cooler with meals and snacks in your car.

Know Before You Go

Look up the nutrition information or menu options from your favorite restaurants before leaving. Compare choices and determine what you will order before you arrive. Keep the nutrition information for your favorite restaurants in your car or in your phone so you're always prepared.



Restaurants that choose to be part of the Missouri Live Well Restaurant program help consumers easily identify and select healthy options when eating away from home. Check the website for a list of restaurants: <http://health.mo.gov/livewell>.



While
You're...

Traveling to Your Destination

Skip the Soda

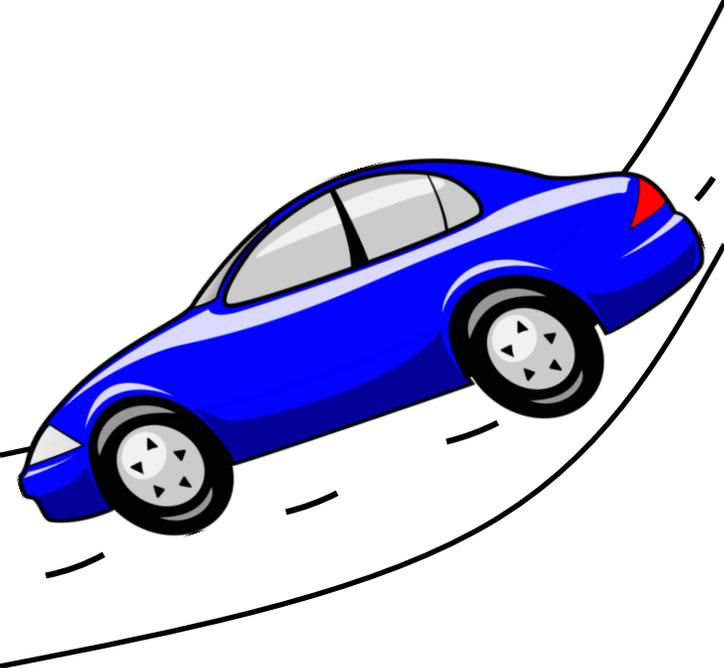
Don't let boredom lead to mindless sipping on the road. Soda is high in calories and low in nutrients. Keep boredom at bay with audio books or music. Stay alert by stopping periodically for fresh air. Stay hydrated on the road by drinking ice water, unsweetened tea or low-calorie flavored water.

Snack Smart

Choose snacks that satisfy without too many extra calories:

- Handful of mixed nuts
- Low-fat string cheese, sticks or cubes
- Fresh fruit, a single-serving fruit cup or single-serving applesauce cup
- Veggies like carrot sticks, celery, cherry tomatoes, sliced bell peppers or salad
- 2 strips of beef jerky
- 6 oz low fat yogurt
- Lean deli meat
- Healthy dips like hummus, light salad dressings or salsas





While
You're...



Eating Out

Match Your Meal to MyPlate

Remember to make half your plate fruits or vegetables, $\frac{1}{4}$ of your plate proteins and $\frac{1}{4}$ of your plate whole grains. This simple plate method will help you keep calories and portions in check.



Use Menu Cues

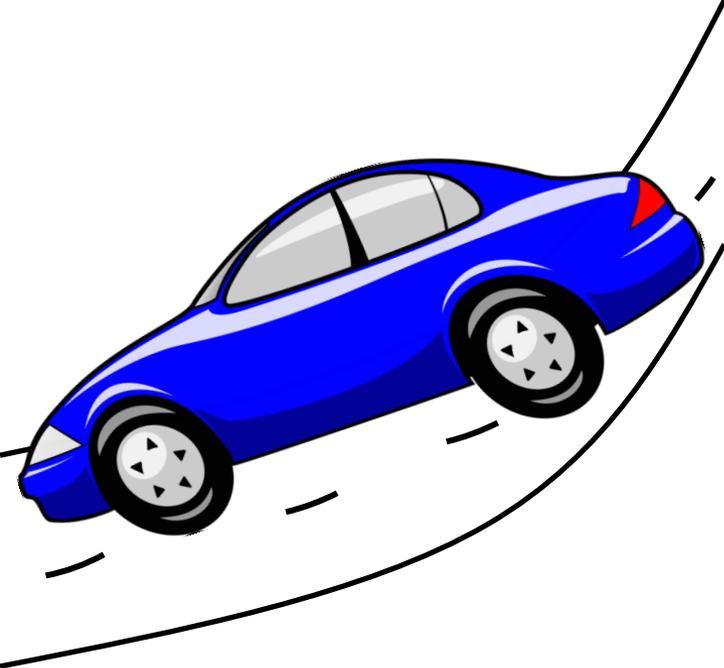
Often, you can identify foods higher in fat and calories by how they are described on the menu.

Limit choices described as:

Crispy
Creamy
Fried
Buttered
Stuffed

Look for choices that are:

Grilled
Steamed
Roasted
Broiled
Baked



While
You're...

Packing Snacks

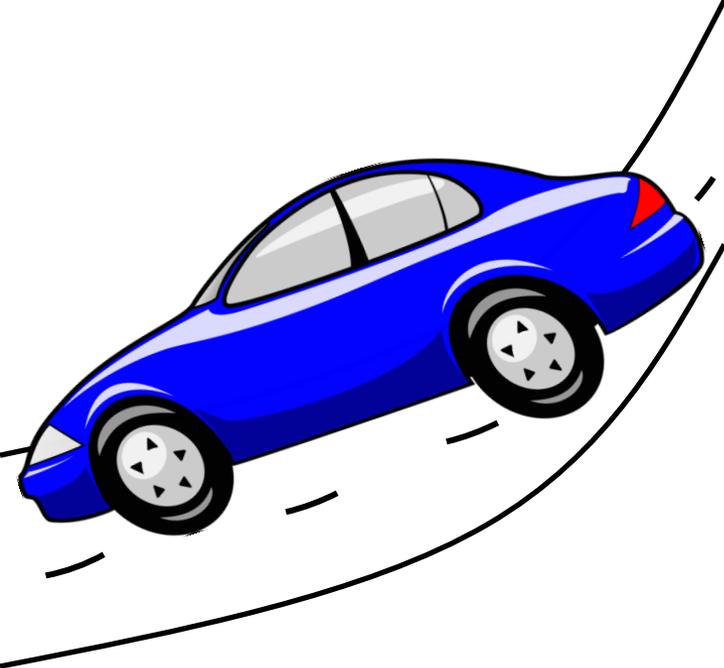
Important Equipment to Have

- Insulated cooler
- Ice, frozen gel packs or frozen water bottles
- Thermometer

Cooler Packing Tips

- Pack remaining space with ice, frozen gel packs or frozen water bottles.
- Store food in watertight containers to prevent contact with melting ice.
- Throw out food that has been sitting outside of cooler or above 40 degrees Fahrenheit for more than 2 hours. Reduce this 1 hour if the temperature outside is above 90 degrees Fahrenheit.





While
You're...

Preparing Snacks

Healthy Snack Ideas That Don't Require a Cooler

- Homemade trail mix (use a variety of nuts, whole grain cereals and dried fruit)
- Popcorn
- Granola bar
- Beef jerky
- Whole grain cereal
- Whole grain crackers
- Single-serving box of raisins
- Canned tuna or low sodium soup
- Single-serving bag of mixed nuts

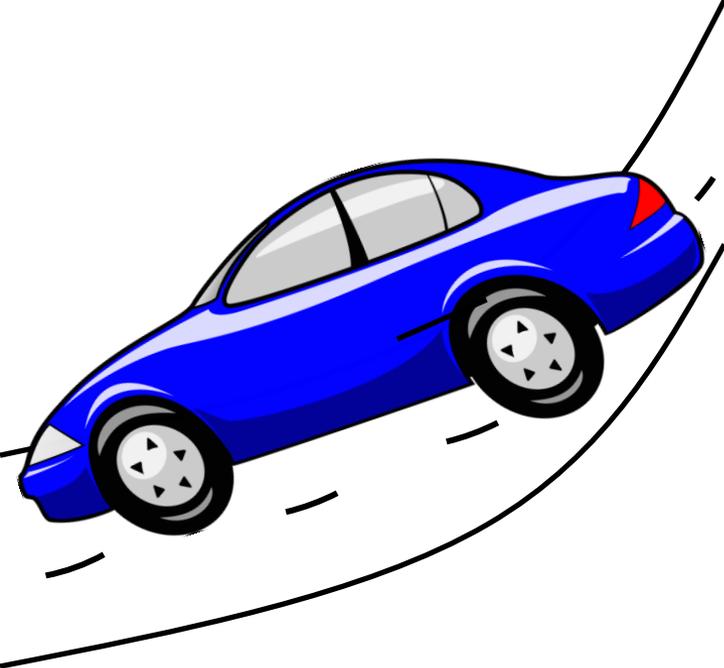


Stay Physically Active on the Road

Don't let business travel get in the way of your healthy lifestyle and physical activity goals.

Try some travel-friendly fitness tips that can work with your hectic schedule.





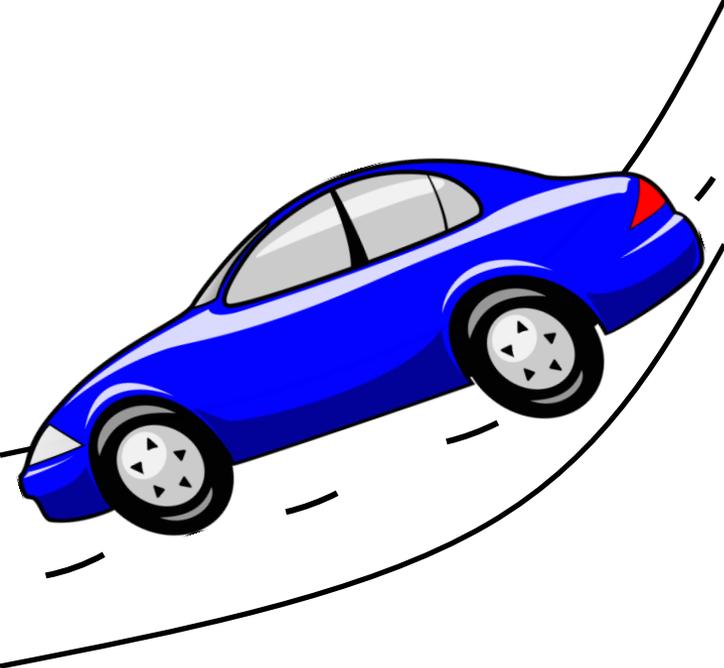
While
You're...

Packing Your Bags

Plan for Success

Don't use, "I forgot to pack that" as an excuse. Add your tennis shoes, workout clothes or swim suit to your packing list along with work supplies, like a laptop.





While
You're...



Getting Healthy

Physical Activity Basics

Being physically active is one of the most important steps that you can take to improve or maintain your health.

Benefits of Physical Activity

- Builds muscle
- Improves bone health
- Lose or maintain your weight
- Reduces health risks
- Improves your mood
- Relieves stress
- Improves self-esteem





Physical Activity Guidelines for Adults...

According to the 2008 Physical Activity Guidelines for Americans, adults ages 18-64 need:

Moderate Activity

150 minutes of moderate – intensity aerobic activity every week (ex: walking briskly, water aerobics, slow bicycling, doubles tennis, ballroom dancing)

OR

Vigorous Activity

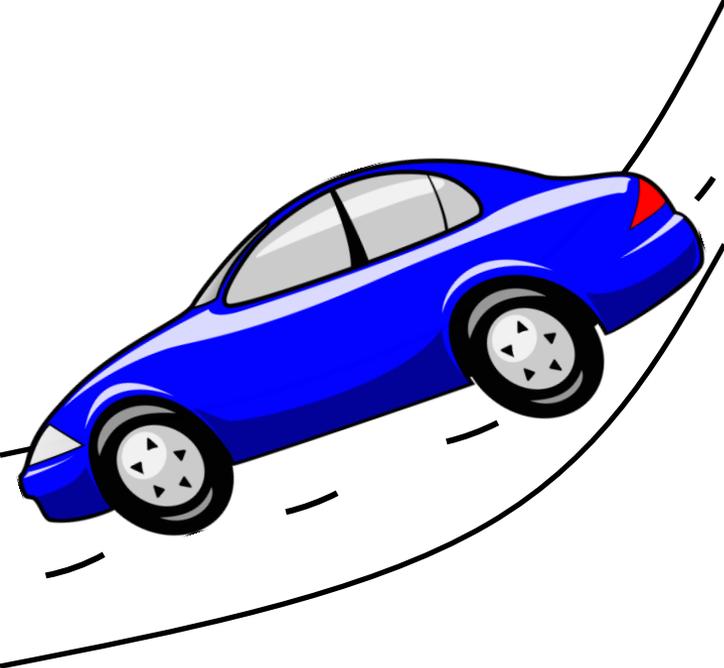
75 minutes of vigorous-intensity aerobic activity every week (ex: jogging, swimming laps, singles tennis, aerobic dancing, bicycling – 10 miles per hour or faster, jumping rope, hiking uphill or with a heavy backpack)

AND

Muscle Strengthening

Activities two or more days a week including working legs, hips, back, abdomen, chest, shoulders and arms. (ex: weight lifting, resistance bands)





While
You're...



At the Hotel

If your hotel has a gym or pool, use it! Exercising releases endorphins which help relieve stress. This may be the perfect way to end a stressful day.

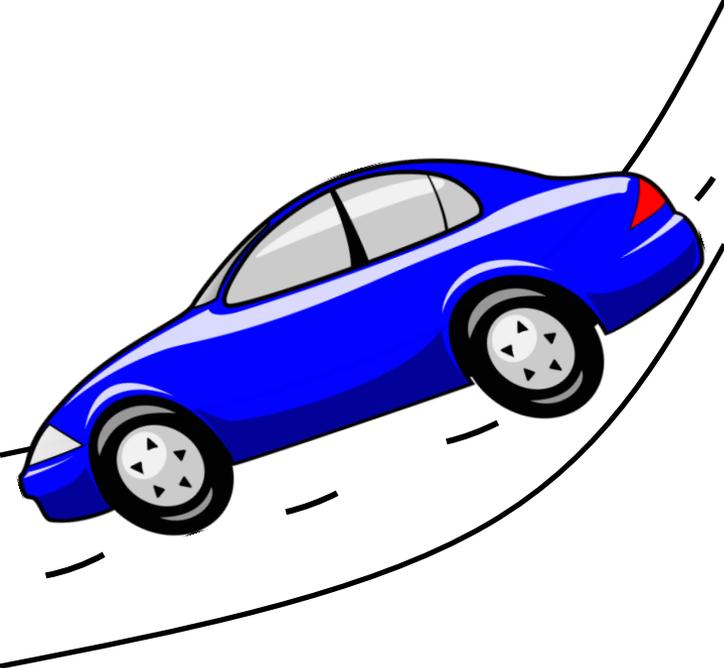
If your hotel does not have any exercise equipment:

Do cardio in your room

- Try 30 second intervals of jumping jacks, jogging in place and punches with a goal of at least 10 minutes total.
- Take the stairs instead of the elevator.

Do some weight training

- Do 3 sets of 10 reps of push-ups, sit-ups and lunges, or work up to this goal.
- Use television commercial breaks to get in these activities.
- Carrying your luggage counts as weight lifting.



And
Remember...

Don't forget to stretch

- Stretch your major muscle groups – legs and back, and other body parts that get tense after driving—calves, neck and shoulders
- Stretch during your pit stops while traveling. Do a few quick stretches to get your blood moving to help you feel more alert when driving.
- Stretch during television commercials while in your hotel room.
- Stretch while you are on a phone call in your hotel room.

