Staying Healthy While on Vacation

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If you have any questions contact us at (847) 352-6090. We would love to hear from you.

Nothing says summertime like heading out of town for a vacation. Whether you are taking off to spend some extra time with your immediate family, catching up with loved ones who live out of town or going off with a few good friends for a couple of days, a change in scenery and pace in this way can really throw off your daily routine—and when it comes to maintaining your medical weight loss efforts, routine is key.

When you are heading out of town this summer, think ahead of time about your eating plans. Come up with a map of where you are planning on going and mark down the restaurants where you know you can have a healthy meal. Better yet, bring your food along with you. When it is time to eat, excuse yourself and stick to your meal plan so that you aren’t breaking the good habits you have at home.

The most important thing about staying healthy on vacation is knowing when it is over. If your vacation leads you a bit off track, don’t call it quits. Stay focused and jump right back into your healthy routine so that you can keep up the positive results with your medical weight loss program.

Mental Tricks for Better Portion Control

Sometimes making healthier eating choices doesn’t come down to changing what you eat, but changing how you eat. Healthy eating behaviors can make a huge difference in your daily calorie intake. Simple behaviors like establishing a healthy eating place and becoming more mindful of every bite that you take by eliminating certain snacking habits can give you a nice boost as you lose weight.

One simple strategy to improve your eating habits is to become more cognizant of the amount of food that you are eating daily. Portion size plays a huge role in calorie intake. If you eat too much of an item, it directly effects how many calories you are taking in. Do this every meal of the day and you may end up taking in a few extra hundred (or even more) calories a day.

To adjust your portion sizes there are several simple tricks you can try. First, adjust your plate or cup size. Rather than filling an oversized cup with juice, go back to a traditional juice cup and limit yourself to a few ounces. Switching to a smaller plate will naturally reduce how much food you eat in one serving, as well. Finally, be aware of recommended serving sizes by making it a habit to read the container your food comes in.

Types of Physical Activity

A lot of people associate exercise with activities like running or lifting weights, but once you get into the world of physical fitness you’ll realize that there are a lot of different options out there. The best type of work out program for you depends on a lot of personal factors, including how much weight you are trying to lose, what your preferred activity level is and whether you are trying to build muscle or not.

Aerobic activity is a go-to in the world of weight loss and exercise, but not all aerobic activities are the same. Weight-bearing aerobic activities are a great way to build muscle as you burn calories. This includes things like jogging, walking, climbing stairs, playing sports and dancing. Non-weight bearing aerobic activities are also a great way to burn calories and build muscle, but are recommended for people with a history of injury or ailments. This includes activities like swimming, cycling or rowing.

Knowing the right type of activity for you is the best way to ensure that you can stay healthy and on track with your long-term weight management goals. If you have a history of knee pain or other joint trouble, try non-weight bearing activities so you aren’t putting too much pressure on your body.