

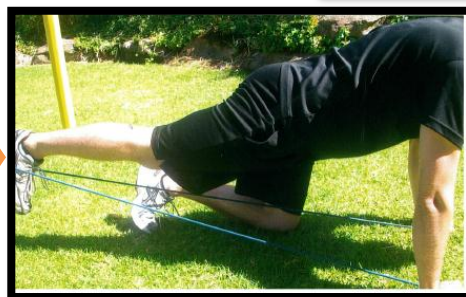
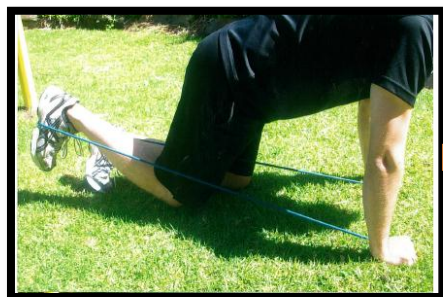
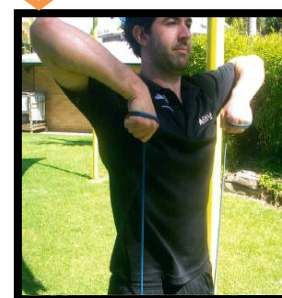


Keeping Fit and Healthy on Holidays!

Going on holidays or travelling with work is always exciting. However, for those of us who exercise regularly, holidays and travelling can be seen as a detriment to our exercise regime and current fitness levels. Never fear – just because you're travelling, it doesn't mean you have to undo all your hard work! Below are some tips that will keep you exercising while you're away;

1. Throw a resistance band in your luggage

A resistance band is light weight and can be easily hidden amongst your luggage. So when you arrive at your destination, pull it out and perform a few exercises such as standing row (see right), chest press, bicep curl, upright row, tricep extension and glute press (see below). You have a complete resistance workout with one piece of rubber. They are inexpensive and most come with handles for easy grip. Performing the attached exercises, 2-3 sets of 10 repetitions, is a great starting point



Above - Standing Row: Left - Starting Position, Right - Ending position.

Left - Glute Press: Left - Starting position, Right - ending position.

2. Find a park with exercise equipment

Some holiday destinations have parks with permanent exercise equipment. When you arrive at a new destination ask or look around for a park with this type of equipment. Some parks also have signs detailing and even picturing the particular exercise to be performed.

3. Walk when sightseeing, instead of using public transport

Many major cities are easy to walk in. You might even find you have to walk up some stairs or a hill. This type of activity increases your heart rate and of course burns more kilojoules. If you plan on doing a lot of walking, invest in some comfortable walking shoes and a pedometer. You would be surprised how many steps you take whilst sight-seeing.

4. Book a hotel that has a gym or pool

Most large chain hotels have a small gym and/or pool that is freely available to guests. The other benefit is if the weather isn't kind (i.e. too wet, too cold, too hot) you simply have no excuse not to exercise. You can walk/run, cycle or swim for as long as you like. Some hotels even have personal trainers 'on call' if you are lacking motivation.

5. Tips while flying

Finally, if you are flying, remember to perform some simple leg exercises, such as calf raises, pumping legs and rolling ankles to help improve blood circulation and minimise DVT.

For more information go to www.fitness.org.au/beactive

Tips When Eating Out

Going out to eat can be a pleasurable way to enjoy a meal and it's always nice to skip the dishes! However, when you are not preparing food yourself, it can be difficult to know what you'll get and how healthy it will be. Fat, salt and sugar all make food taste good and are often used in higher amounts than we would use at home. If you eat out regularly, it is important to think about the following tips....

1. Think about Other Meals

If you are eating out for dinner then keep your lunch light but filling by including extra vegetables such as a large salad or vegetable soup. This will help you meet your vegetable intake for the day, prevent you arriving to dinner feeling 'starved' but also leave space for some special options.

2. Keep to normal portion sizes and habits.

If you don't normally have bread and butter with dinner, then don't have it when out. Similarly, keep your portions similar to what you would eat at home, this might mean ordering entrée size serves or leaving some food on your plate.

3. Keep it simple

Keeping the meal simple generally keeps it healthy. Skip creamy sauces and dressings, ask for plain vegetables and choose grilled, braised or roasted rather than battered, crumbed or fried. Simple options include grilled fish or meat with vegetables or a small serve of tomato based pasta with seafood. Often a restaurant will be obliging to small alternatives to menu options.

4. Watch what you drink

Beverages are often a source of additional kilojoules. One glass of champagne, a lemon, lime & bitters and a cappuccino is around 1300 kJ, over half the kilojoules of what you might eat most days for the entire meal. It is best to drink mainly water and it can help to keep a water glass on the table. Ordering wine by the glass can help keep it just to a glass.

5. Change your attitude

Often people think that because they are eating out, no rules apply; they eat and drink foods they aren't normally interested in and eat beyond the point of full. Eating out weekly or more then this can quickly add up to excess kilojoules, weight gain and poor nutrient intake. Remember that small simple changes all add up and think positively about small 'swaps'. For example, swap fries for steamed vegetables, cut the fat off meat and share a dessert. It is better to eat twice your energy needs than 4 or 5 times!



Reference: Tanya Lewis, Accredited Practising Dietician, Sports dietician & Director at Life Personal Trainers, Adelaide's boutique training studio inspiring healthy lifestyles www.lifept.com.au

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