

## 5 Secrets to Maintain Your Weight on Vacation

Discipline is useful when you're trying to lose weight, but it's a finite resource. If you're reading this, chances are you've been dieting, training and passing on your favorite treats for weeks or months to prepare for vacation. This is particularly true if you're going to wear a bathing suit.

All the hard work you put in before vacation to get your body ready can disappear quickly if you go off the rails with your healthy habits. Consistency is a buzz word you'll hear often when dealing with the fitness industry, and for good reason: it's the true secret to success. If you stay consistent with your game plan for not just months, but years, you'll see results.

The problem with vacation is that it throws you off your routine. For some people, this is a blessing. You get to eat exotic food, drink whatever you want and sleep in. However, this change in routine can lead to a large weight gain in a short period of time.

To avoid a vacation setback for all your training progress, follow these tips:

### 1. Get Up and Enjoy Life

**The Problem:** Chances are you won't workout on vacation. The problem is that you'll burn fewer calories than you did back home. At the same time, you're probably going to eat and/or drink more.

Let's say that you've been eating 2,000 calories per day before vacation and training three times per week. Let's say that you burn 500 calories in each training session. Before we continue, it's important to mention that each pound of fat is worth 3,500 calories.

Now, let's say you go on vacation and you don't workout once. That means you're burning 1,500 calories less over the course of the week. Then, let's assume that you keep the same 2,000 calorie diet as before, but you add one pina colada per day. Each pina colada is about 250 calories per day, which adds up to 1,750 calories added to your diet over the week.

**The Solution:** First of all, you need to continue burning calories through exercise. The question is, how do you get a workout on vacation? If you're in a city, going to museums or shopping malls will keep you on your feet for hours. All the extra steps add up, and can help make up for lost workouts.

Vacation is a good time to pick up old activities that you can't enjoy in daily life. Tennis, golf and skiing are a few examples that come to mind. Water sports, such as snorkeling, or kayaking burn many calories and are a fun way to kill a few hours on vacation.

Spending time on recreational activities can get you out of the hotel room or off the beach and into your environment. Not only do these activities help you keep the weight off, they help you make the most of your vacation.

## 2. Eat Your Protein

**The Problem:** When you stop lifting weights, you lose muscle at a quicker rate. While you won't lose all your progress during one week of vacation, you can slow down the loss of muscle by eating more protein. A lot of the protein-rich foods you eat back home, such as chicken or eggs, can be easily forgotten when you're on vacation. Carb-heavy foods like pasta and bagels can take the place of healthier protein-rich foods.

**The Solution:** One way to get protein on vacation is through supplements. It's not a permanent solution, but it can get you through a couple weeks of vacation. Both protein powder and protein bars are easy to pack in your suitcase and consume while you're away. One serving per day of a protein supplement can give your muscles an easy boost.

Relying on protein supplements isn't ideal, so if you can, try to get protein from real sources. If you order pasta, make sure there's a protein source in the dish. Not just a few flakes of cured meat, but something substantial like chicken. If you can, consume a little protein with each meal. That way you don't have to cram it all into one.

## 3. Choose Drinks Wisely

**The Problem:** Let's assume a pina colada is 250 calories. While switching drinks to something with fewer calories can help, the real problem is the alcohol. Each gram of alcohol contains 7 calories, compared to 4 calories

per gram in carbohydrates and protein. That means alcohol is very calorie dense.

**The Solution:** One drink equals one drink. That's why you should try to limit your drinking as much as possible. Try to restrict yourself to drinking only after 6pm, or set a number limit every day.

When you drink, choosing lower-calorie drinks can also help. Cocktails are the most important type of drink to monitor when it comes to cutting calories. You can switch out sugary sodas for seltzer water or tonic water. Or, you can have liquor on the rocks and cut out any extra calories. Unfortunately, it's difficult to cut calories on beer or wine without sacrificing flavor.

#### 4. **Don't Skip Breakfast**

**The Problem:** Vacation tends to involve lots of eating at restaurants and spontaneous snacks, desserts or drinks. To enjoy your vacation you should enjoy what the area has to offer, even if the meals are high in calories. However, you don't want to lose your progress. Of the three meals (breakfast, lunch and dinner) breakfast is the easiest to control and often the least tempting.

**The Solution:** Most hotels and resorts supply breakfast, or you can go to a local bakery or grocery store. Breakfast foods aren't boring but there's less variety than you can get for lunch or dinner, making breakfast the least tempting meal.

Try to get protein for breakfast. Eggs are usually pretty easy to find and are relatively cheap. Oatmeal is another common breakfast food that's hard to mess up. An easy way to bolster your bowl of oatmeal is to add a scoop of protein powder. If nothing else, you can have a protein shake or bar for breakfast. Aim for at least 20 grams of protein to start your day, then you can skip out on protein for lunch or dinner if you feel like it.

#### 5. **Don't Walk, Run!**

**The Problem:** Not every hotel or resort has a gym. Even if they do, sometimes the gyms aren't what you expect. A few cheap dumbbells and a treadmill from the 1970s isn't enough to get a good workout. Rather than guessing what equipment you'll have, use running as a backup.

**The Solution:** When you're on vacation, it's probably easiest to run in the morning. Wake up half an hour early, lace up your shoes and hit the road. You can do a brisk 5-minute walk beforehand to warm up. Running burns a lot of calories, making it ideal if you're trying to avoid weight gain. An hour of running can burn 600-700 calories, depending on how fast you go.

While running is perhaps the easiest and most efficient workout you can do while on vacation, don't expect to become a marathon runner on your trip to the Bahamas. If you get too excited and run every single day you run the risk of injury. Shin splints, hip and knee pain are all-too-common injuries that overeager runners suffer. Two runs per week is plenty.

#### **6. BONUS TIP:**

TS virtual training options to help you stay in shape on vacation. We have an app you can download to easily access workouts. All you need is a phone and internet connection. The workouts are fully programmed and you can select bodyweight workouts or weighted workouts if you have equipment.

Another option is to train virtually. During the Covid-19 pandemic we've had overwhelmingly positive feedback from clients who switched to virtual personal training. Our trainers give you a fully customized 40-minute workout over video chats such as FaceTime, Zoom or WhatsApp. They can work with you no matter how much equipment you have. Reach out to [info@tsfitnessnyc.com](mailto:info@tsfitnessnyc.com) for more info.