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What Approach Will You Take?

Before you do anything, you'll have to decide how you plan on approaching your travel. You've got three main options...

Option 1: Fun or YOLOOOO

Option 2: Balanced Fun & A Little Focus

Option 3: All Work, No Play

Each of these approaches requires different preparation mindset. There is nothing wrong with any of them - only you can decide what's right and appropriate for your goals. Just decide - and be at peace - with your decision. NO REGRETS. Now, let's dig into each one a bit.

Option 1: Mostly Play - Handle the Basics

Honeymoons, long overseas trips, things like that fall into this category. You want to be fully present in your experience and not stress about anything. Enjoying food in other countries can be an essential piece of experiencing culture. If your trip falls in this category here are some basic recommendations that will allow you to enjoy your trip without going tooooo YOLO.

- ✱ **Stay hydrated** - Bring your own collapsible or reusable water bottle such as a [Vapur](#) (aim for .5 bodyweight in ounces as a start)
- ✱ **Eat veggies** - Whenever they're available; don't be afraid to ask for subs or extras
- ✱ **Prioritize protein** - This will keep you satiated longer
- ✱ **Get a light stretch every day** - In the AM or PM, just to get the blood moving



Option 2: Balanced Fun & Focus

This is the manageable approach to balancing enjoyment of travel with maintenance of goals (or at least not falling off the wagon). YES it is possible! It doesn't have to drive you crazy, just a *little* more forethought and planning. This approach is great for trips where you want to have the energy to explore or tour but have less control over meals (or want to be able to enjoy as many different kinds of food as possible).

Find the balance for you. Try prioritizing the recommendations for Option 1 (hydration, veggies, protein and light movement), and then check out some additional ideas below:

- ✱ **Crush breakfast** - This one never fails! Starting your day with a substantial and balanced breakfast is going to fuel you for the day and increase your chances of making better choices later on. Nail a nice-sized portion of protein, veggie, and fat.
- ✱ **Bring travel-friendly food** - Quality jerky (minimal to no ingredients and preservatives, suggestions listed at the end of this guide!) and deli meat, Greek yogurt, plantain chips, RX or Perfect bars, whey protein, collagen protein, greens powder, unsalted nuts (cuz salted is way too damn tasty!) and sandwiches are all easy to pack.



- ✱ **Pack essential supplements** - The Big Four (probiotics, fish oil, vitamin D and magnesium) PLUS digestive enzymes since your gut will likely need some assist in the digestion front. I've recommended options in the "Favorite Products" section.
- ✱ **Sleep as much as you can** - This goes back to your goals for the trip. If you get the chance to drink wine with your new Spanish friends in a pub and chat life, you go for it. If you like feeling rested during the day then, knock out some quality sleep. You'll be out of your normal routine but you can always do these things...
 - ☐ Hit a short stretch routine (I included one at the end of this guide)
 - ☐ Use blue blocker glasses like [Swanwick's](#) to help wind down
 - ☐ Black out the room as much as you can
 - ☐ Keep the room cool
 - ☐ Practice a wind-down activity such as reading or breathing every night so it cues you to sleep no matter where you are
- ✱ **Move as much as you can!** Walking tends to be easier on overseas travel. Take advantage of using your legs whenever possible. Even if you're in the States, try walking from your hotel to the nearest restaurant. Take the stairs at the airport. Whenever possible sneak in the extra movements. It's worth it and those movements add up.



Option 3: All Work, No Play

There may be a time when you're in the middle of a cut, training program or just enjoying the progress you've made. Or perhaps you travel for work and need to be able to maintain while traveling regularly. I got you - these tips are for you.

1) Do Your Research Beforehand

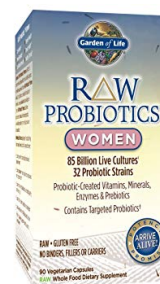
- ✱ **Hotel** - Does your room have a coffee maker to boil eggs (yes, seriously you can do that!)? Mini fridge? Gym? Is there a breakfast included and if so is fruit or just caca like most continentals (ugh)? Note: Many hotels will bring up a microwave if you tell them it's for health reasons.
- ✱ **Closest Restaurants/Grocery Stores** - If there is a grocery close by plan on hitting it first thing to stock your fridge and make sure you have options. You may even be able to [Instacart](#), [Amazon Prime](#) or Favor some essentials to your hotel. Why not!



- ☼ **Gym** - Find out what equipment your hotel gym has, so you can plan your workouts. Traditional gyms almost always offer day passes. If you're going to be there for a few days ask about a discounted pass to save some \$\$\$. Also think about investing in [ClassPass](#), so you can drop into a class anywhere!

2) Pack As Much As You Can

- ☼ **Meals** - Don't be afraid to pack a lunchbox. I know it seems weird to pull out your own food at airport, but you'll only side-eye the first couple times. Then you realize no one cares. Sandwiches, turkey roll-ups (avocado and tomato wrapped in turkey), salads (pack the dressing in a travel pod like you'd use for cosmetics and put it in your liquids case or dress the salad beforehand), greek yogurt + nuts, whey protein and greens powder... these are all my most common go-to's.
- ☼ **Routine Essentials** - What are your travel-friendly routine elements? Mine are mostly sleep-related (listed below) plus some essential oils like lavender, lemongrass, tea tree and peppermint (don't tell anyone, they always want me to distribute). I use those four for relaxation, perfume, random ailments that come up like sunburn or skin irritation and breath freshener. They're very versatile.
- ☼ **Supplements** - Probiotics, digestive enzymes, zinc, magnesium and vitamin D are excellent travel companions



- ## 3) Practice Your Sleep Routine
- If good sleep just happens to you, awesome! For most of us, however, having a solid routine is essential, and travel can really interfere. Just as mentioned in the Balanced approach, you can't expect to sleep better while traveling - you have to practice it consistently at home. If you don't have a solid bedtime routine, now is the time to create one. Here are some essential tips...

- ☐ Reduce or eliminate alcohol intake - if you have higher performance and aesthetic goals this is definitely a no-go. But any amount will disrupt your sleep and energy.
- ☐ Start your routine at the same time each night, as consistently as possible in order to cue your body to release sleepy time hormones
- ☐ Use blue blocker glasses like [Swanwick's](#) to help wind down as soon as the sun starts to set; this will prevent unnatural light overstimulating your brain and delaying release of melatonin

- ❑ Hit a calming stretch routine - it doesn't have to be complicated, just sync up deep, relaxed breaths with GENTLE stretches that feel good
- ❑ Black out the room as much as you can
- ❑ Download a white noise app such as Sleep Pillow or **White Noise Lite** or the **Lectra Sleep Sound Machine and Bluetooth speaker** (a client favorite!)
- ❑ Keep the room cool
- ❑ Practice a wind-down activity such as reading or breathing every night, so it cues you to sleep no matter where you are
- ❑ Before dropping into sleep, list off three things that make you happy or that you're grateful for - research has shown feeling gratitude before sleep helps us sleep better and fall asleep faster



Helpful Tips

- ★ **Crush breakfast:** Nail a nice-sized portion of protein, veggie, fat and if you work well with them, some starchy carbs. Hit it and quit it, my friends. Your body and energy will thank you.
- ★ **Check out [How To Eat Well On the Go](#)** from Precision Nutrition for an AWESOME guide to packing meals and snack suggestions.
- ★ **Unplug:** If you're flying or driving, take advantage of the time to unplug. Simply be still with yourself, reflect on your goals, the things in your life that you are grateful for - I find the most creative energy and motivation arises from these times.
- ★ **Box Breathing:** Implementing a breathing practice will improve your stress management, performance, well-being, and even...research is showing...your life! Breathing properly is such a game changer and with travel comes a lot of waiting, stress and delays - this is a great tool to have in your arsenal.
- ★ **Greens Powder:** Great way to supplement greens and fiber when things are cray. Brand is recommended below.
- ★ **Veggie overload:** It can be hard to find veggies, so just do your best. Any and all will help!
- ★ **Activated Charcoal:** I always bring [Activated Charcoal](#) on trips in case of food poisoning, more "fun" ahem alcohol intake than usual, or unexpected digestive issues.
- ★ **Whey or collagen protein** - Don't leave home without it! [Wild Foods collagen](#) and [SFH Whey](#) are my BAE.
- ★ **Nuts, meat sticks** - Stick em' in your bag, your purse, everything you've got. Don't go hungry! It's those long stretches of time between meals that leads to extra gorging at dinner.
- ★ **Stretch & activate your core every day** - You'll likely be off your training program and we can mistakenly think "well, what's the point of doing anything then?" NOOB MISTAKE. Move your blood through your body and activate your core every day. It won't take long, just a little bit (see suggested movement flow at end of this article). You may be doing more walking or sitting than usual and your core needs the assist to ensure you feel great even on the go.
- ★ **Boiling eggs in a coffee maker**
 1. Gently place eggs in coffee maker (standard 12-cup usually fits 4-6 eggs).
 2. Put fresh water in reservoir and start the coffeemaker.
 3. Leave the eggs in coffeemaker for 10-12min after they become fuller submerged.
 4. Pour cold water over eggs to cool them.



Favorite Products

- ▶ **Vapur Collapsible Bottle**: Seriously these are the best. You fill it up after going through security and helps me stay hydrated without paying \$3 for a water in airports. No brainer!
- ▶ **Greens Powder**: This is my ACE and helps me get greens and fiber when it can be really unpredictable. Flying also tends to disrupt my tummy so throwing this in with collagen or my protein (in my Vapur hey!) is a lifesaver. This brand is not overpowering or wheatgrass-y like some
- ▶ **Digestive Enzymes**: I really like Digest Gold.
- ▶ **Vitamin D**: Best taken in the morning with breakfast.
- ▶ **Probiotics**: Make sure you get them refrigerated from a store to ensure quality.
- ▶ **Magnesium**: Best taken at bedtime.
- ▶ **Whey Protein**: I like Stronger, Faster, Healthier and Naked Whey
- ▶ **Epic Bars or Jerky**: There are tons of really quality dried meat options these days. Explore your closest Sprouts or Whole Foods just be sure to check the label to make sure they don't sneak any sugar or nonsense in.
- ▶ **Wild Foods Collagen**: I always bring this with me to assist my gut while traveling
- ▶ **Lectra Sleep Sound Machine and Bluetooth speaker**
- ▶ **Pill Organizer**: You need this anyway. Keep your day's pills in your carry-on so you remember to take them!
- ▶ **Eye covers**: I'm weird about masks and like that this one doesn't touch my eyes.
- ▶ **Macks Ear plugs**: These actually work!
- ▶ **Kindle**: I'm as loyal to the real thing as anyone, but when it comes to travel having a Kindle e-reader is a major space saver.
- ▶ **Swanwick Blue Blocker Glasses**: I won't travel without them especially when sleep is stressed enough. These will help you ease into sleep
- ▶ **Essential oils**: I always bring Lavender, Lemongrass, Tea Tree and Peppermint
- ▶ **LA Fresh Wipes**: All different kinds from an eco-conscious company. The body soother wipes are particularly awesome for long travel days!

BONUS: Daily Movement Routine

If you don't want to find a local gym or pay for a temporary membership, just move every day. If you do this first thing you're going to feel better, improve your energy and boost your desire to make better choices throughout the day. Don't make it complicated either, simply plan on allotting 5-10 minutes (you may just end up wanting to tack on a few more minutes!). Here's a great flow for you - click on the movements for demo vids.

Light Structural Flow

2-3 Rounds for Quality

8 reps/side Quadruped Thoracic Rotation

20 seconds Quadruped Static Hold

10/side Kneeling Hip Extensions

+

2-3 Rounds for Quality

10/side Single Leg Rock Back Stretch

10 90/90 Hip Rotations

10 Cat Cow

Quick Workout

3-5 Rounds @ Hard Pace

10 Reverse Lunges

5 Perfect Pushup to Down Dog

5 No Pushup Burpee

10 Hollow Rocks (bend knees to scale)



Really want to get your blood going??

30 Burpees at increasing pace

Note: If you've never tried a burpee in the morning you're probably not a masochist, but you're also missing out on a wicked adrenaline rush.