



## Let's take a vacation!

Summer is upon us – kids are out of school, the weather's heating up, and vacation plans are being set into motion. But do those vacation plans include **EXERCISE?**

Taking a vacation does not mean we have to put our exercise routine on hold. With a little creativity and planning we can maintain our exercise routine even while we are away.

Read on for great information and tips on how to incorporate exercise into your next get away!



Realistically, if you plan to go away for your vacation, you can't expect to keep up with your *regular* routine -- and yet you don't want to come back a few pounds heavier and a lot less conditioned. This is where **planning ahead** helps you stay focused and on track...

**Set practical goals -- shoot for 50 percent of your norm. If you work out six days a week for an hour, set aside three half-hour sessions.**

**Preset your shortened workout right into your itinerary. Perhaps you can get up a little earlier and work out before you start your day -- or after your return for the night.**

**Pack your workout clothes and some resistance bands or a jump rope -- even an exercise tape to sneak in exercising during down time.**

**Find out what type of gym area or pool the hotel has to offer and use it. See if the hotel has any sports amenities such as golf course access or tennis courts.**



**Be creative. Find unique, fun ways to exercise instead of doing the same routine you do when you are at home. Try biking, hiking, a pedal boat excursion, water skiing, or beach volleyball.**

Purchase a pedometer to calculate just how many calories you burn even when doing slower-paced enjoyable activities such as sightseeing.



**Stay hydrated and make sure to watch your diet. Sure, you can indulge some, but going overboard will only make you feel worse when you step on that scale upon**

**Play in the pool.** If lounging poolside is part of your vacation plans, then hop in the pool every 20 minutes for 5-10 minutes of pool walking (try it in waist-deep or higher water for a really challenging workout).





**It is easy to say "I'm on vacation!" and then indulge yourself with whatever food that comes your way.**

**So...what can YOU do to stay on track?**



**Plan Ahead.** When you're packing your clothes for your trip, consider packing some non-perishable **healthy snacks** that fit your diet. This way, you're less likely to cheat with candy bars and potato chips when you're on the road. Also, if you're taking a road trip, familiarize yourself with the menus at chain restaurants and fast-food joints so you can make healthy choices. A lot of these places offer fresh salads, fresh fruit, and grilled sandwiches that aren't that bad for you.

**Beware Of Salads.** Look at the **nutritional content of some of the salads** found at fast food restaurants and most sit-down restaurants. Salads that are served with fried chicken tenders or creamy dressings often have more calories than a small burger. So don't assume it's healthier for you just because it's a salad.



**Share Entrees.** Restaurant portions are so much larger than what we tend to eat at home. Consider **sharing an entrée** with your friend or family member. It will help you save money and calories. Or, consider **ordering two appetizers** instead of an appetizer, salad, entrée and two sides. Often, the appetizers are more tempting than the main meals and you're likely to eat less in the long run.

**Know The Menu.** Be aware of code words on a menu such as **fried, creamy, buttery, breaded, or sautéed**. All These words mean the food likely contains a lot of fat and excess calories. Of course, it's OK to have fried dough, Lobster drenched in butter or creamy mashed potatoes every once in a while, but don't make it a habit on your vacation. Instead, search for *good* words like **grilled and baked**.



**Monitor Alcohol Intake.** Who doesn't like a fruity cocktail while on vacation, such as a pina colada or strawberry daiquiri? But the calories can really add up with these yummy drinks. Not only does the alcohol have calories, but so do the sugary fruit juices mixed in it. **So if you're going to indulge, have only one.** Even better, instead, have a glass of wine or light beer. Remember, a lot of drinks served in restaurants and at bars are much bigger than a typical serving size, so you're getting even more calories and more liquor than you may think.

**Plan Physical Activities.** Exercise is such a crucial part of staying fit and healthy. **Just because you're on vacation doesn't mean you should sit around and "veg."** Vacation can often give you even more opportunities to stay active and have fun at the same time. Try going for a walk on the beach, play a little tennis, or go swimming. Try to work some physical activity into your leisure time as well.

## GOOD IDEA!







**Always exercise on Monday (or the first day of your vacation). This sets the psychological pattern for the week/trip.**



Here is a quick, simple **CIRCUIT WORKOUT** that only requires a resistance band and can be done anywhere. Complete at least **one set of 8-12 reps** of each exercise described below.



<p><b>Bicep Curl</b></p>	<p><b>Instructions:</b> Stand with feet hip-width apart. Arms are straight with elbow close to your sides and palms facing in toward each other. Keeping your upper arms still, curl your arms up to shoulder level, ending with palms facing your shoulders. Return to starting position.</p>	
<p><b>Tricep Dip</b></p>	<p><b>Instructions:</b> Either a chair or bench can be used. Start sitting up straight on the chair, knees bent at a 90 degree angle. Arms straight (don't lock the elbows), hands on edge of chair with fingertips facing out. Slide forward so that buttocks are no longer on the chair, bend elbows slowly lowering body toward floor. Return to starting position and repeat.</p>	
<p><b>Lat Pull Down</b></p>	<p><b>Instructions:</b> Begin by placing a resistance band over the top of an open door. Grab each end of the band and sit on the floor with back straight. Lean slightly away from the door, arms are straight up. Bend your elbows; squeeze your shoulder blades together as you pull your arms down and slightly out. Return to start position and repeat. Tip: you may need to use your feet to keep the door securely in place.</p>	
<p><b>Front Raise</b></p>	<p><b>Instructions:</b> Begin by standing tall, resistance band placed under your feet. Grab one end of the band in your right hand, with hand in front of your thigh. Extend your arm straight out to the front until you reach shoulder-level. Return to start position, repeat and switch arms.</p>	
<p><b>Push-Up</b></p>	<p><b>Instructions:</b> Begin up on your toes and hands with your hands placed on the floor, just slightly wider than your chest. Arms are straight, but don't lock the elbows. Your back is straight and your legs are extended. Bend your elbow and slowly lower your entire body to the floor. Chest should touch the floor. Do not allow your upper body to move forward, you should only be moving downward. Don't let your back arch, keep it straight throughout the move. Return to start position and repeat.</p>	
<p><b>Squat</b></p>	<p><b>Instructions:</b> Start standing tall with feet shoulder-width apart and toes pointed forward. Bend knees into a squat position attempting to get upper thighs parallel to the floor. Emphasize pushing hips back as if you are sitting in a chair this will help you keep your knees above your ankles. Make sure your knees do NOT extend forward past your toes.</p>	
<p><b>Abductor lifts</b></p>	<p><b>Instructions:</b> Start by standing tall with band placed under your feet, hold the ends in each hand at waist level. Extend your right leg at to the side as far as you comfortably can. Return to start positions, repeat and switch legs.</p>	
<p><b>Adductor splits</b></p>	<p><b>Instructions:</b> Begin by lying on top of a bench. Place the band underneath the bench. Then place each handle securely on over the top of each foot. Raise your feet straight up. From here extend your legs out to a comfortable position. Return to start position and repeat. Be sure not to go to quickly. Try to take 2-3 seconds both on the in and out phase.</p>	



## Great Grilled Sandwiches

Crusty bread on the outside, gooey cheese and delicious fillings on the inside. No wonder the world loves them!

### Chipotle Pulled-Pork Barbecue Sandwiches

*Sweet-and-sour pickles are a tasty foil to the smoky barbecue sauce in this updated Southern-style sandwich. Serve with coleslaw.*

- 1 (7-ounce) can chipotle chiles in adobo sauce
- 1/4 cup barbecue sauce
- 1 teaspoon garlic powder
- 1 1/2 teaspoons ground cumin
- 1 (1-pound) pork tenderloin, trimmed and cut into 1/2-inch cubes
- 1 (14.5-ounce) can diced tomatoes, undrained
- 1 tablespoon olive oil
- 3 cups thinly sliced onion
- 2 teaspoons chopped fresh thyme
- 1 teaspoon sugar
- 6 (1/2-ounce) slices provolone cheese
- 12 sandwich-cut bread-and-butter pickles
- 6 (2 1/2-ounce) Kaiser rolls

Remove 1 chile from can; reserve remaining chiles and sauce for another use. Finely chop chile.

Place chopped chile, barbecue sauce, and the next 4 ingredients (barbecue sauce through tomatoes) in a medium saucepan; bring to a boil over medium-high heat. Cover, reduce heat, and simmer 45 minutes, stirring occasionally. Uncover and cook 10 minutes or until sauce thickens and pork is very tender. Remove from heat. Remove pork from sauce; shred pork. Return pork to sauce.

Heat oil in a large nonstick skillet over medium-high heat. Add the onion, thyme, and sugar; cook 10 minutes or until golden, stirring occasionally.

Heat a large nonstick skillet over medium heat. Place 1 cheese slice, 1/2 cup pork mixture, about 2 tablespoons onions, and 2 pickle slices on bottom half of each roll. Cover with top halves of rolls. Add 3 sandwiches to pan. Place a cast-iron or heavy skillet on top of sandwiches, and press gently to flatten. Cook 2 minutes on each side or until cheese melts and bread is toasted (leave cast-iron skillet on sandwiches while they cook). Repeat procedure with remaining sandwiches.

**Yield:** 6 servings (serving size: 1 sandwich)

#### NUTRITION PER SERVING

CALORIES 431(26% from fat); FAT 12.4g (sat 3.9g,mono 3.7g,poly 1.8g); PROTEIN 28.3g; CHOLESTEROL 59mg; CALCIUM 207mg; SODIUM 910mg; FIBER 4.7g; IRON 4.1mg; CARBOHYDRATE 51.4g



### Pressed Cubano with Bacon

*Garlic oil gives these sandwiches a crisp, flavorful crust. Hawaiian rolls provide a slightly sweet contrast to the salty ham, pickles, and mustard. To make this easy supper even quicker to prepare, use precooked bacon. Serve with banana peppers.*

- 1 teaspoon extra virgin olive oil
- 1 garlic clove, minced
- 4 (3-ounce) Hawaiian rolls, sliced in half horizontally
- 2 tablespoons yellow mustard
- 8 (1/2-ounce) slices reduced-fat Swiss cheese, divided
- 4 bacon slices, cooked and halved
- 12 dill pickle slices
- 2 teaspoons minced fresh cilantro
- 6 ounces thinly sliced 33%-less-sodium ham
- 2 ounces thinly sliced deli roasted turkey breast

Combine oil and garlic. Spread cut sides of rolls evenly with mustard. Place 1 cheese slice, 2 bacon halves, 3 pickle slices, and 1/2 teaspoon cilantro on bottom half of each roll. Divide ham and turkey evenly among bottom halves of rolls; top each serving with 1 cheese slice and top half of roll. Brush garlic oil evenly over outside of rolls.

Heat a large nonstick skillet over medium heat. Add 2 sandwiches to pan. Place a cast-iron or heavy skillet on top of sandwiches, and press gently to flatten. Cook 3 minutes on each side or until cheese melts and bread is toasted (leave cast-iron skillet on sandwiches while they cook). Repeat with remaining sandwiches.

**Yield:** 4 servings (serving size: 1 sandwich)

#### NUTRITION PER SERVING

CALORIES 432(30% from fat); FAT 14.5g (sat 6.3g,mono 4.1g,poly 1.2g); PROTEIN 27.1g; CHOLESTEROL 49mg; CALCIUM 292mg; SODIUM 1053mg; FIBER 2.8g; IRON 3.1mg; CARBOHYDRATE 47.6g