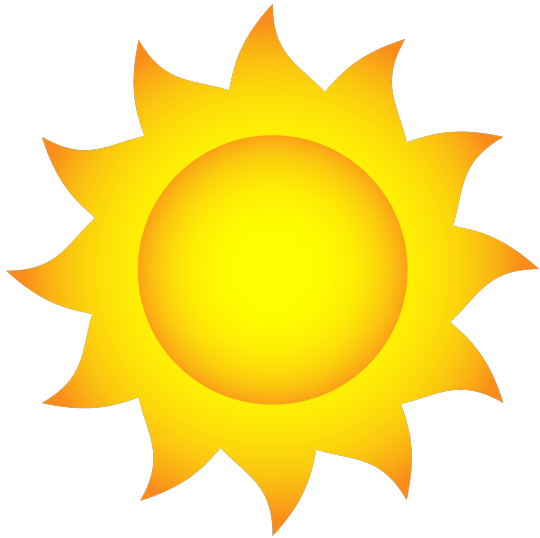


# Staying on Track During Vacation/Summer

*July Support Group*



**What do you struggle with the most trying to stay healthy on vacation?**



# Be Intentional!



- Humans are impulsive by nature
- Best to go into vacation with a plan
- Set small, achievable goals each day to give yourself some positive feedback
- “Today I am going to...”
  - *Walk 10,000 steps*
  - *Take the stairs instead of elevator*
  - *Focus on getting more than 64 oz of fluid*
- Sit your family/friends down and explain why your goals are important to you

- When all else fails, give yourself some grace
- If you do get off track..
  - drink plenty of water
  - go for a walk
  - identify what triggered you
  - get a good night sleep
  - get back on track
- What's most important is consistency





# Increased Hydration

- It is very important to stay hydrated especially if it is warm on vacation!
- 64 oz is the *MINIMUM*
- If you are dehydrated, you are more likely to crave salty, unhealthy foods
- Bring a large water bottle
- Sip fluids frequently throughout the day



# Hydration continued

- “Water reminder” app to track amount
- Drink alcohol in moderation, if at all
- Avoid sugary drinks and empty liquid calories!
- Continue to avoid drinking for 30 mins after your meal



# Food Tips

- Log food into “Baritastic” app or “My Fitness Pal” app
- Eat a healthy, protein rich breakfast to start your day off right
- Bring healthy snack in carry on so not tempted at airport
- Grocery shop for food within your diet
- Indulge yourself in non-food rewards like massage, meditation, manicure

# Eating Healthy at Restaurants

- Restaurant portion sizes are HUGE
- Skip the bread, appetizers, and alcohol
- Ask for a takeout container right when the food comes and put half of the food in there to take home
- Or you can split an entrée with a family member
- Ask for sauce and dressing on the side so you can be in control of how much you add

# Stress Management

- Vacations are supposed to be relaxing, but they are not stress-free
- Stress can definitely occur during travel
- Tools that can help with stress include deep breathing, quiet time, & a walk
- Try to get some quiet time in the morning to reflect & start the day off right
- Managing emotions can help stay in control of eating habits

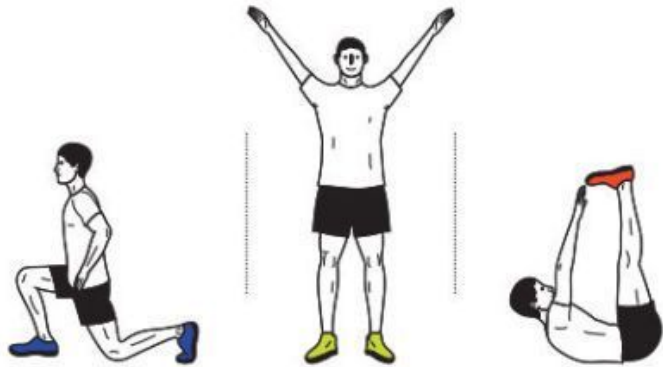


# Tips to Stay Active on Vacation

- Make a plan
- Look up if your hotel has an exercise room
- If staying with family, ask if they have exercise equipment
- Walk early in the morning/evening when the temperature is cooler
- Walk on beach/hike for a change of scenery
- Pack comfortable, supportive shoes
- Resistance bands are easy to pack
- Swimming is a great low impact exercise

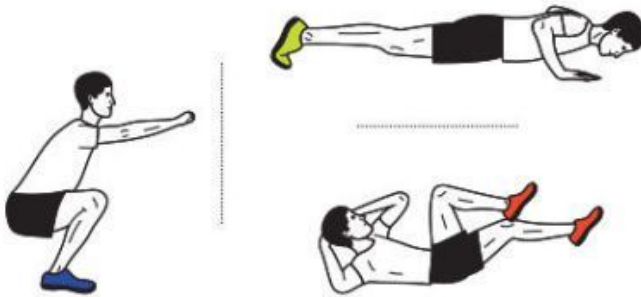
# Easy Hotel Workout Routine with No Equipment

*Repeat for 3 cycles*



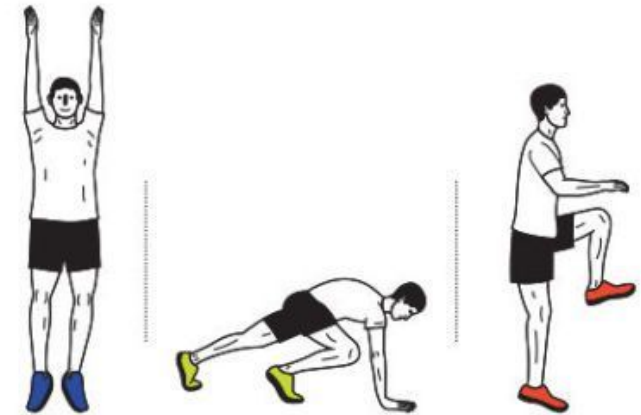
## **Beginner**

10 lunges  
10 jumping jacks  
30 toe touches



## **Intermediate**

10 squats  
10 push-ups  
30 bicycle crunches

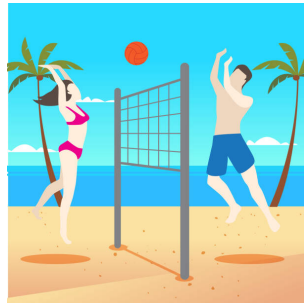


## **Advanced**

10 burpees  
20 mountain climbers  
30 high knees

# Tips to Stay Active on Vacation

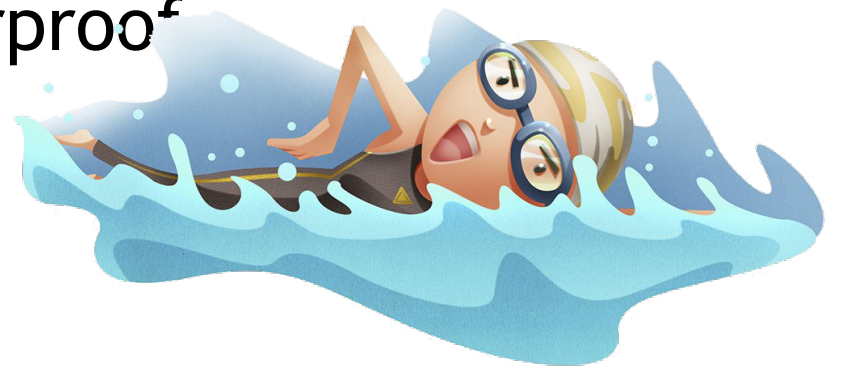
- Use workout apps or Youtube videos (search free hotel workout video)
- Ask others to walk/workout with you for extra support and accountability
- Park car further away from destination
- Try a new form of exercise that you wouldn't normally do (kayak, canoe, yoga, hike, tennis, golf, beach volleyball)
- Even museums/aquariums/indoor attractions can offer a lot of walking





# Swimming is a Great Workout

- Leads to increased flexibility
- Low impact- easy on joints
- Water is 800 times denser causing an increased burn in calories
- Full body workout- works shoulders, legs, abdomen, and arms
- Allows your body to heal from higher impact exercises
- Many fitness tracker devices are waterproof



# Simple Water Exercises



## Simple Exercises for the Water

Next time you take a dip, add in these low-impact, tone-up exercises that are great for strengthening and toning your core.

ATI Physical Therapy specialists suggest performing each stretch three times (both sides, if applicable) and holding for 10-15 seconds. Be sure to keep breathing while you stretch.

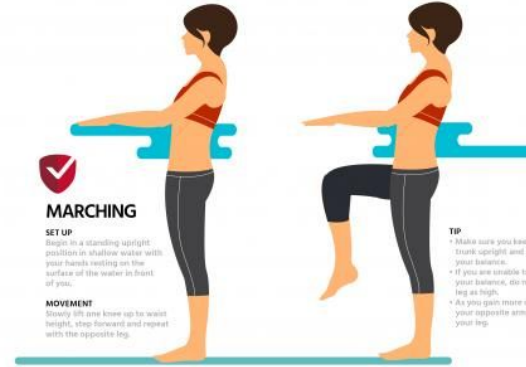


### FORWARD WALKING

**SET UP**  
Begin in a standing upright position in shallow water.

**MOVEMENT**  
Walk forward placing your heel down first, then pushing off with your toes, and repeat, stepping forward with your other foot.

**TIP**  
• Be sure to maintain your balance and keep your movements controlled.  
• If you are unable to coordinate your arms and legs, focus on stepping correctly with your feet.  
• As you gain more control, walk faster through the water.



### MARCHING

**SET UP**  
Begin in a standing upright position in shallow water with your hands resting on the surface of the water in front of you.

**MOVEMENT**  
Slowly lift one knee up to waist height, step forward and repeat with the opposite leg.

**TIP**  
• Make sure you keep your trunk upright and maintain your balance.  
• If you are unable to maintain your balance, do not lift your leg as high.  
• As you gain more control, raise your opposite arm as you lift your leg.



### HAMSTRING STRETCHES AT POOL WALL

**SET UP**  
Begin standing in shallow water facing the pool wall with one leg extended straight forward resting on the wall.

**MOVEMENT**  
Lean forward into the wall, tinging at the hips, and keeping both legs straight until you feel a gentle stretch in the back of your leg. Hold this stretch.



### HAMSTRING STRETCHES WITH NOODLE

**SET UP**  
Begin standing tall, holding on to the pool wall at your side with your outside leg raised straight in front of you and resting on a pool noodle.

**MOVEMENT**  
Keep your leg relaxed and let the noodle hold your leg up so you feel a light stretch in the back of your leg. Hold this position then relax and repeat.

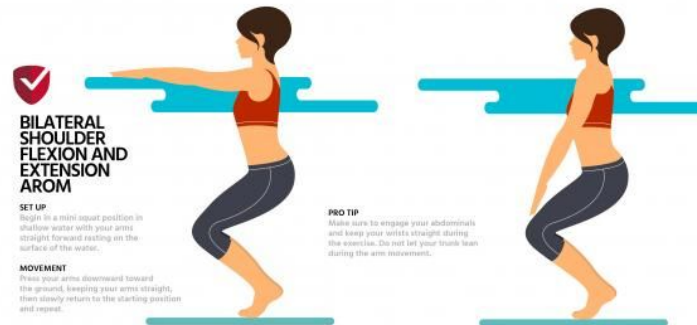


### SUSPENDED FORWARD BICYCLE KICK WITH NOODLE

**SET UP**  
Begin in an upright position in deep water, holding hand floats at your sides underneath the water.

**MOVEMENT**  
Slowly pedal your legs forward to move your body through the water.

**PRO TIP**  
Make sure your shoulders stay down and back and to keep your body upright during the exercise. Try to sweep the water with your feet.



### BILATERAL SHOULDER FLEXION AND EXTENSION AROM

**SET UP**  
Begin in a mini squat position in shallow water with your arms straight forward resting on the surface of the water.

**MOVEMENT**  
Press your arms downward toward the ground, keeping your arms straight, then slowly returns to the starting position and repeat.

**PRO TIP**  
Make sure to engage your abdominals and keep your wrists straight during the exercise. Do not let your trunk lean during the arm movement.

# WATER WORKS

*Yoga Poses Aana*



**STATIONARY KICK** Stand in the shallow end and hold the edge of the pool with hands shoulder-width apart, elbows bent. Extend legs, and keeping feet together, kick hard **[shown]**, starting the movement in your hips. Continue for 30 seconds to complete set.



**BUTTERFLY HUG** Stand in chest-level water with arms extended at shoulder height out to sides, palms facing down. Jump, bringing knees toward chest, as you press palms together in front of you **[shown]**. Return to starting position. Do 5 reps to complete set.



**BUTTERFLY BEATS** Stand with feet together and arms extended at sides. Keeping arms underwater, clap hands together in front of you **[A]**, then behind you **[B]**. Continue, alternating claps forward and back, for 30 seconds to complete set.



**MERMAID MOMENT** Place a pool noodle under your chest, so your shoulders are out of the water; extend legs behind you, feet together. Bend knees **[shown]**, then extend legs, propelling yourself across the pool. Continue for 30 seconds to complete set.

# Simple Resistance Band Workout

Do each set of exercises 15 times and repeat all exercises 3 times









# Tips for Summer Parties

- Most protein should be okay to eat (just avoid fried proteins)
- Bring a side that is within your diet
- Pair protein with your side or vegetables
- Try to keep it simple!



# Tips for Summer Parties

- Stay away from chips, bread, dessert, and empty liquid calories
- Stay away from the food table so you aren't distractedly eating
- Take small bites and eat slowly
- Eat intentionally, it helps to take 3 deep breaths and really focus on eating





# Things You *Can* Have at Summer Parties

- Fruit and vegetable trays (depending on where you are in your diet)
- Vegetable sides
- Grilled proteins
- Should be able to eat the protein from most meals (ex-just eat the ground meat from tacos, only the beef from Italian beef, only meat and cheese from sandwiches)
- Sugar-free popsicles
- WATER (can flavor with MIO/Crystal light/Gatorade zero protein powder to make it more appealing)
- ***Make the focus on spending time with friends and family instead of the food***

# Summer Recipes

- **Grilled Zucchini with Goat Cheese+ Basil**
- *\*(can add ½ cup vegetables 1 month post op)\**
  - 2 tbsp basil
  - 5 zucchinis
  - 1 tbsp olive oil
  - Salt and pepper to taste
  - 1/3 cup goat cheese
    - Cut zucchinis lengthwise and apply salt. Set aside for 20 mins and pat dry with a paper towel. Heat grill or pan to medium-high. Brush olive oil on both sides of zucchini. Place slices of zucchini on the grill cook for 10-15 mins, flipping halfway. Sprinkle with goat cheese and chopped basil



Modified from [www.walderwellness.com](http://www.walderwellness.com)

# Summer Recipes

- **Grilled Peach Chicken Salad**

- *\*(can add ½ cup vegetables 1 month post op and ½ cup fruit 3 months post op and 1 serving of nuts 6 months postop-modify appropriately)\**
- 1 lb chicken breast
- Salt and pepper to taste
- 6 cups baby spinach
- 2 peaches halved
- ¼ cup blueberries
- 1 teaspoon olive oil
- ¼ cup sliced red onion
- ¼ cup pecan halves
- 1 oz crumbled goat cheese



- **Grilled Peach Chicken Salad cont.**

- Preheat grill to medium
- Season chicken with salt and pepper on both sides
- Lightly brush peach with oil
- Place chicken on grill for 5-7 mins
- Place peach halves flesh side down on grill for 3-4 mins
- Assemble salad and serve with goat cheese
  
- Modified from [www.joyfulhealthyeats.com](http://www.joyfulhealthyeats.com)

# Summer Recipes

- **Balsamic Grilled Vegetables**
- *\*(can add ½ cup of vegetables 1 month post op)\**
- 1 lb zucchini sliced lengthwise
- 1 lb bell peppers
- 1 large red or white onion
- 1/3 cup parsley or basil finely chopped
  - *Balsamic Dressing*
  - 2 tbsp. olive oil
  - 2 tbsp. balsamic vinegar
  - 2 cloves garlic
  - 1 tsp salt

- **Balsamic Grilled Vegetables**

- Whisk together olive oil, balsamic vinegar, garlic, salt
- Preheat grill to low heat and spray with cooking spray
- Place vegetables in single layer on the grill and cook for 12 mins
- Transfer vegetables to a large bowl, pour balsamic dressing on top, sprinkle with parsley or basil and mix

Modified from [www.ifoodreal.com](http://www.ifoodreal.com)

# Summer Recipes

- **Cantaloupe Melon Salad with Cucumber and Feta**

- *\*(can add ½ cup vegetables 1 month post op and ½ cup fruit 3 months post op)\**
- 1/2 cup cantaloupe cut into small chunks (Can replace with watermelon)
- 2 cups cucumber chopped
- Juice of 1 lime
- Salt and pepper to taste
- 2 Tbsp olive oil
- ½ cup feta cheese
- Fresh mint leaves chopped

Place all ingredients and add to large serving bowl, toss everything together well

- Modified from [www.walderwellness.com](http://www.walderwellness.com)

If you would like a copy of the powerpoint, please email me at [Mbell2@silvercross.org](mailto:Mbell2@silvercross.org) and I will send it to you!