

A close-up, low-angle shot of a person's legs running through shallow ocean water. The water is a vibrant blue, and the sand is white. The person's legs are in motion, with the right leg bent and the left leg extended forward. Water is splashing around the legs, creating a dynamic and energetic scene. The background is a soft-focus view of the ocean waves.

8 Proven Ways to Lose Weight on Vacation

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So glad you are here!

If you are like me, you have found yourself overly stressed about losing weight. You do your best to eat well and get to the gym, but struggle with finding the time to fit it all in.

What makes it even harder to reach weight-loss goals is when you are on VACATION.

For most of us, weight gain feels inevitable on vacation, and even worse, it feels impossible to shed the pounds once you return.

My name is Andrea, and over the years I struggled with the unavoidable vacation weight gain. It wasn't until I shifted how I thought about my trips that I discovered how to actually lose weight on vacation while still having an amazing time and eating great food. The best part is, I don't step foot into a gym!

I put together this guide to give you easy and enjoyable ways to not only stay on track with your weight-loss goals, but even move forward with them while still having a wonderful time on your well-deserved vacation!

With Love,

Andrea

8 Proven Ways to Lose Weight on Vacation

#1. Create an **intention** for your vacation.

Before you head out on your vacation, ask yourself the following questions:

- What do I want out of my vacation?
- Do I want to feel relaxed when I return?
- Do I want to feel energized when I get back?

By creating awareness around what you want, you can build in activities that will satisfy your needs while you are away.

#2. **Explore.**

If you vacation to the same spot frequently, you may already know of beach front walking or bike paths. If you are traveling somewhere new, do some research beforehand and see if there are bike rental shops available in the area.

Going someplace cold? Try a new sport like skiing or snow-shoeing. Even if you aren't a pro, it can feel energizing to learn a new activity and enjoy the fresh air.

#3. **Self Care.**

No better time than on a vacation to give yourself some extra love. Book a massage, mani-pedi or even just a foot rub.

Swapping out margaritas by the pool or an hour long deep tissue massage will help reduce built up stress and support weight loss throughout the rest of your trip.

#4. **Play** games.

Remember how much fun you had on vacation when you were a kid? Think back to games you played and bring a few along with you. If you are tight on packing space, throw in a deck of cards.

Do a little research to see if your hotel has a volleyball net or if there are water sports available, like kayaking or paddle-boarding.

#5. Go grocery **shopping**!

If your hotel has a mini or full kitchen, take advantage of it! The first day you get settled in, take a trip to a near by grocery store and pick up a few staples. I recommend getting breakfast items and some healthy snack options, like fruit, nuts, veggies and hummus.

You most likely will be dining out for dinner, so save a few bucks and a few calories by making breakfast at the hotel/condo.

#6. **Share** lunch.

It's fun to try new foods and dishes when you're on vacation, but dining out for every meal can definitely put you in calorie overload.

Instead of ordering a heavy lunch and finishing every bite, order a few appetizers and split them among your vacation mates. You will get to try a variety of dishes and will avoid feeling overly stuffed and sluggish the rest of the day.

#7. Take **a night off** booze.

Drinking for 7 or even 5 days straight will not only affect how your body metabolizes food, but it will wreck havoc on your sleep. The whole point of vacation was to rest and recover from the hectic grind of work/life at home, right?

Get creative when you are out at a bar, or better yet, let the bartender get creative for you! Request a non-alcoholic, light and refreshing mocktail that's not too sweet. Bartenders love to use their creative drink making skills to please their guests. I guarantee, you will not miss the alcohol one bit!

#8. **Move.**

Embrace the fact that you aren't sitting at a desk for 10 hours a day!! Get up and move!

- Take morning walks on the beach
- Enjoy a morning bike ride and watch the sun rise
- Walk to dinner at a nearby restaurant
- Take a hike on a scenic trail
- Enjoy gentle yoga at poolside

Remembering why you are taking the vacation in the first place can be extremely powerful in aligning your vacation activities to your health goals.

Enjoy your vacation & feel energized when you return!

If you found this guide helpful and want to create a diet and lifestyle that you love and that will support your weight-loss goals, without the constant dieting, without depending on weight-loss apps and trackers, let's talk.

Book a **COMPLIMENTARY SESSION** and let's get to the root of what's holding you back from reaching your weight loss goals.



Schedule a Call