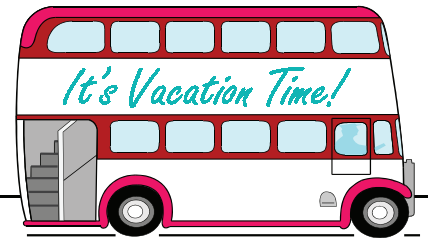


# Lifestyle Balance on Vacation



## Ways to Handle Vacations

### 1. Plan pleasures other than food or drink.

- Plan the kind of vacation *you* want.
- Think about what you like to do for physical activity. Can you make that a part of your vacation?

### 2. Hold a family meeting ahead of time.

- What did we like or dislike about our last vacation? What will we do this time?
- How will we handle food and eating out?
- Can we find a fun way to all be physically active this vacation?
- Get the family to agree not to nag you about your eating or activity.
- Talk about ways your family can help.

### 3. Have reasonable expectations for your vacation.

- Keep track of your eating and activity.
- Weigh yourself often. But remember, scales differ.
- Plan to *maintain* your weight.
- Let go a little. Eat something special. (Choose the best. Have a small portion.)
- Get extra activity.

### 4. If you tend to be tense on vacation:

- Avoid long periods when you're doing what others want and not what you want.
- Plan daily times to relax.
- Plan regular breaks while driving.

### 5. Decide what you want to do about alcohol.

Alcohol may lower self-control.  
If you drink, be aware of the calories.

### 6. Balance rest with activity.

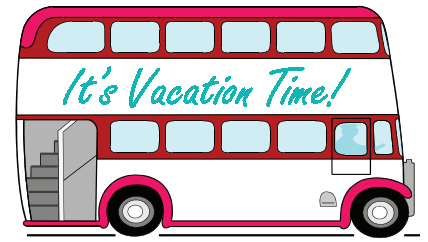
Look for ways to be active that you enjoy.

### 7. Prepare for friends or relatives you haven't seen in a while.

### 8. Plan for pleasures *after* your vacation.

# Lifestyle Balance on Vacation: Problem Solving

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Healthy eating and being active *are* possible on vacation.  
The key is to plan ahead:

## 1. What problems might come up?

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## 2. Choose one problem. List some possible solutions.

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## 3. Choose the best solution. What will you need to do to make that happen? How will you handle things that might get in the way?

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## 4. Plan to reward yourself. What will the reward be? What will you need to do to earn that reward?

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