



Welcome to  
Fitness Expert  
Brittani Zmolik's

# GUIDE TO STAYING FIT ON VACATION



# Hello! I'm Brittani...

The gritty, passionate power player behind Brittani Zmolik Health and I show up every day helping women blow past the ties of their childhood and negative self-talk to regain their voice and take back their power through fitness.

I'm a busy mom with three kids and built two businesses while maintaining a healthy life, and I want to help other moms do the same.

Because fitness isn't just about fitting into that little black dress... It's about defeating that little black voice in our heads and replacing it with one who says, "welcome back."

**Brittani Zmolik, CEO Brittani Zmolik Health PT, CFL1, Sports Nutritionist**



# Are You Planning a Vacation?

My clients often come to me with questions about how they can stay on track while on vacation. The truth is, that unless you are planning a gluttonous culinary tour of the Las Vegas Strip, it's pretty easy to find healthy ways to keep your nutrition in check and your fitness on schedule. It all comes down to a few basic preparation categories.

Decide before you go on this trip what your mindset will be. I recommend taking the first few days of vacation and keeping things simple during your day. Opt for healthier snacks and meals, leaving a little fun for dinner! I usually leave the last few days of vacation for treats and more drinks!

This approach has saved me tons of calories, bloat and extra pounds upon return! It also keeps you from feeling sluggish during your vacation from all of those calories and carbs your body isn't used to, so you have more energy to stay active!



# Tips and Strategies For Vacations

1

**Get your mind right.** Realize that this is not the last trip you'll ever take. This is not the last time you will ever get to eat and drink all the delicious things! Decide that you want to be able to get back home and still feel okay in your body. The world is not ending and you do not have to consume every piece of food that you lay eyes on! (At least within the first few days!)

2

**Don't go crazy the first day!** Be sure to go into your vacation with a rough plan! Do your best to eat healthy and keep the reins tight on your food on days 1 & 2. Choose 1 meal to have a little cheat and eat something you're really wanting. Other than that, eat light during your day. As your vacation goes on it gets tougher to stay strict while surrounded by yummy food! When you are deep into your vacay, do your best to keep that "cheat meal" to one per day. Snacks should consist of 1-ingredient foods like nuts or cheese. And don't forget to keep your water bottle with you and drink lots of water to keep you hydrated!

3

**Try to think ahead as best you can.** I know this can be really tough sometimes because you might just want to "be in the moment", but if you know you'll be going out for dinner, plan to keep your days light. Bonus if you can nail down a restaurant that you're going to eat at and decide what you'll eat BEFORE you go. Remember, choose high protein dishes with lots of veggies and only a thumb-sized amount of fats when you are trying to be good.

4

**If possible, take snacks!** Never, ever go without healthy little snacks you can stick in your purse or bag. If you don't have the option to take snacks with you, just choose whole 1 ingredient foods. You may have to look a little harder, but it can be done! Your body still needs a bit of nutritious food while you're on vacay!

**5**

**Pack Magnesium and take your greens!** We all know that staying regular on a trip is highly unlikely! Grab some Magnesium and take 2-3 tablets at night. You'll be happy you did! \*Link to greens: [https://1stphorm.com/products/opti-greens-50/?a\\_aid=11](https://1stphorm.com/products/opti-greens-50/?a_aid=11)

**6**

**Think ahead and be honest with yourself.** Where do you usually have a difficult time and fall off the wagon? Is it with sweets? Salty? Both? Try to find healthy “alternatives” to those temptations that usually cause you to cave. Here's where I really save myself from disaster. Chocolate, candy, sweets are my downfall. So, I've got some dark chocolate covered pomegranate bites to take with me (Brookside brand). I also usually have chocolate rice cakes or chocolate coconut bites on hand as my on-the-go temptation snack to save me from cakes and brownies. If it's salty, grab some Cajun spiced nuts or salty air popped popcorn to help you out! “Lean in” to those cravings and have a plan when they come. Because you know they will come eventually!

**7**

**Special requests.** You might feel awkward about asking the server to slightly customize a meal for you. But, when you find yourself in a situation where there seems like there just aren't any healthy options, 9 times out of 10 they are happy to accommodate you in your requests. Ask for lettuce to be used instead of a high-carb bun on a sandwich or burger. Or replace the fries with a side salad. Get creative, within reason, and you'll find you should be able to eat healthy anywhere you go.

**8**

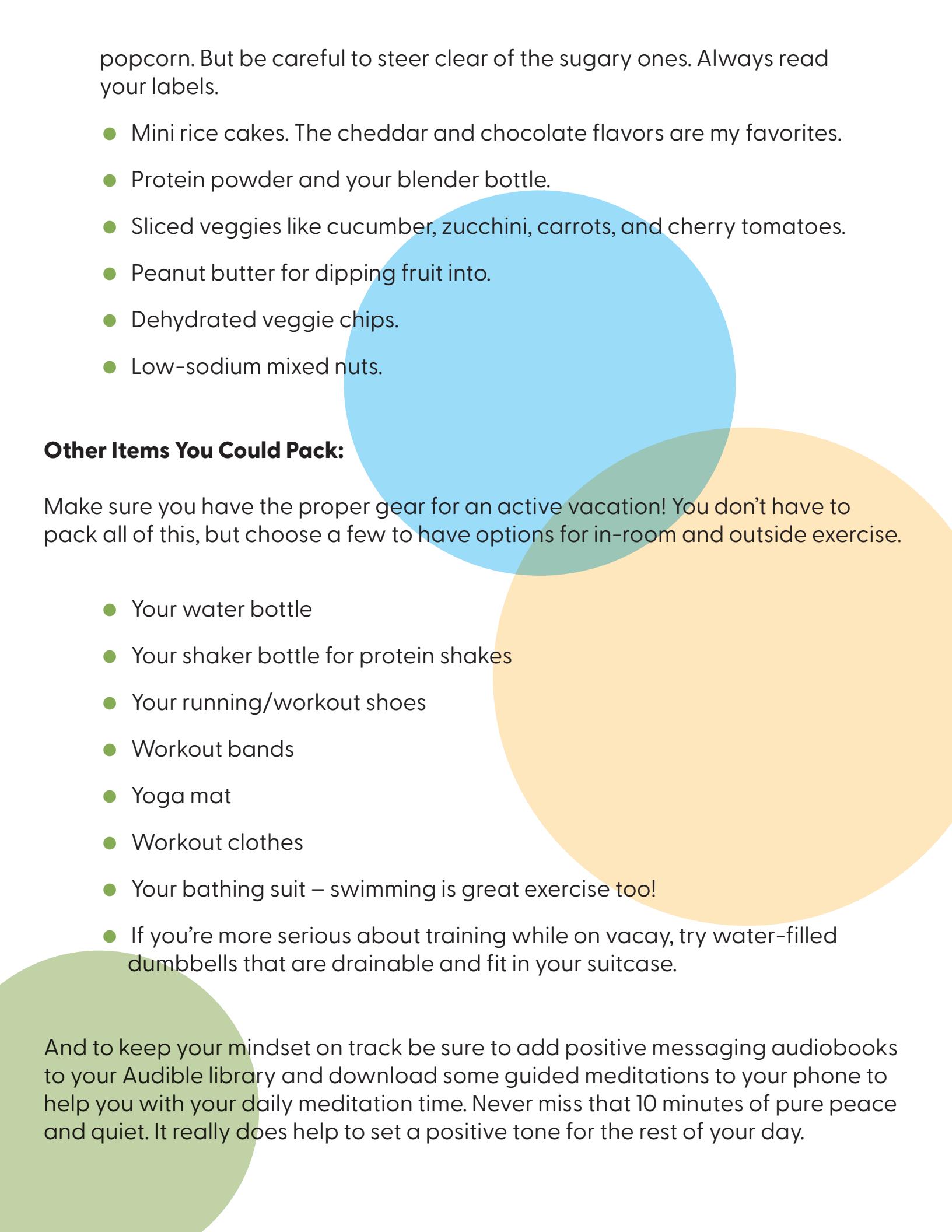
**Think about your exercise options ahead of time.** While exercising may not be the focus of your vacation. And let's be honest vacations are about having fun and relaxing. But you can still get in some activity each day to keep your metabolism up. If you're staying in a hotel call ahead to make sure your hotel gym is open and try to get in a short workout a couple of times while you're there. If it's closed, which a lot of them are right now, bring a yoga mat with you and do short bodyweight exercises or yoga first thing in the morning to help you wake up. Also, plan out your daily activities and if things are within walking distance, then skip the Uber and walk!

# Foods to Bring With You

Now that we've gone over some of my tips for Staying Fit While Traveling, here are some shopping and packing lists for you to refer to before your trip.

**Whether driving or flying, you can pack a small, cooled, insulated cooler with the following items:**

- Built Bars
- Level 1 Protein bars (1st Phorm brand)
- Low fat, low sugar granola
- Turkey roll-ups with cheese sticks, mustard, and pickles. Wrap in foil to keep cool.
- Apple and pear slices. Sprinkle with lemon juice to keep from turning brown during travel.
- Jerky. Look for ones that are low in sugar and artificial flavorings.
- Epic bars. I prefer the chicken, bison, and venison flavors.
- Rx bars. I recommend the peanut butter chocolate, and lemon flavors.
- Whole fruit like peaches, nectarines, or plums.
- Justin's single pack almond butter.
- Protein powder. A shake is a great high protein snack, or replace the protein in your breakfast with one for a sweet and creamy treat.
- Trail mix. You need to be careful with this one because some trail mixes are mostly candy. It's okay to have the raisins and M&M's because you're on vacation, but don't go overboard eating it. And, ideally if you can find a healthier version without candy, that's even better!
- Buddha Bowl Pink Himalayan Salt popcorn. Or another flavored



popcorn. But be careful to steer clear of the sugary ones. Always read your labels.

- Mini rice cakes. The cheddar and chocolate flavors are my favorites.
- Protein powder and your blender bottle.
- Sliced veggies like cucumber, zucchini, carrots, and cherry tomatoes.
- Peanut butter for dipping fruit into.
- Dehydrated veggie chips.
- Low-sodium mixed nuts.

### **Other Items You Could Pack:**

Make sure you have the proper gear for an active vacation! You don't have to pack all of this, but choose a few to have options for in-room and outside exercise.

- Your water bottle
- Your shaker bottle for protein shakes
- Your running/workout shoes
- Workout bands
- Yoga mat
- Workout clothes
- Your bathing suit – swimming is great exercise too!
- If you're more serious about training while on vacay, try water-filled dumbbells that are drainable and fit in your suitcase.

And to keep your mindset on track be sure to add positive messaging audiobooks to your Audible library and download some guided meditations to your phone to help you with your daily meditation time. Never miss that 10 minutes of pure peace and quiet. It really does help to set a positive tone for the rest of your day.

# HAVE QUESTIONS? LET'S CHAT!

I hope this guide has made your healthy vacation planning a little easier. Follow these tips and you'll be sure to stay on track with your fitness and nutrition goals no matter where you travel!

And if you liked this guide, be sure to request my **7 Healthy Snacks Cheat Sheet!**

I'd love to answer any questions you might have about this **Guide For Staying Fit On Vacation!** You can email me, Brittani Zmolik, directly at [hello@brittanizmolikhealth.com](mailto:hello@brittanizmolikhealth.com).

You can also connect with me through my social media accounts, listed below.

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