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Words *for* Thought:

“There is only one person on Earth who can keep you healthy and that’s you.”

-Robert Kennedy, Oxygen

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Should I Workout on My Vacation

Now that summer is in full swing and schedules are lax, it's time to start planning your vacation. This is your time to get away from it all and forgo routines and structure. It's a great time to reconnect with family. But should you take a vacation from your workouts as well?

I get this question a lot from women who don't want to lose momentum in their fitness routine when they go on vacation. I think we have all experienced going on vacation and returning home heavier than when we left. It's easy to do with convenient food and a laidback attitude as well as to two other big obstacles – alcohol and sugar.

There are options. I'll touch on a couple.

♥ Go on vacation, take your weights [that is fun in the car], keep to a schedule and get every workout in

♥ Go on vacation and take a break, only walking on the beach as exercise

Both of these are viable, however I see more results when I do a combination of these two.



Take a break from weights and cardio but challenge yourself in other ways. One year I made a “Vacation Workout” which involved exercises using my own body weight and cardio. It went something like this:

10-15 Push-ups

10-15 Squats, using chair behind me as guide

10-15 Dips, using chair as guide

10-15 Lunges, each side, using chair as guide

40-50 Crunches with legs up on chair

In each of these exercises I had one piece of equipment – a chair. I would do an exercise and then without break, go on to the next. When I finished all 5 exercises, I counted it as one set. Depending on my day and how I felt I would do 3-4 sets total. This took 15-20 minutes and I did it every other day. On the alternating days I would run or walk on the beach.

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This provided me a good base workout and a break from my regular routine. It also gave me an opportunity to relax and enjoy being away from home without feeling as if I was falling behind. Everyone is different but let me offer some advice. Make a plan before you leave. If you are going to workout then make sure you get up and get it done. If you decide not to workout then truly enjoy a guilt-free break.

Will you mess up your routine and weight loss if you take a week of vacation?

Here's my philosophy...

When you are trying to lose weight you are in a weight loss mode. You must commit to a workout and nutrition routine and stick to it to have good results. There is also another mode, the maintenance mode. A great fitness coach once told me that "Maintenance is not the absence of work".

When I work with a client I build a maintenance period into their plan. For example: if you need to lose 50 lbs. a reasonable amount of weight to expect to lose [at the most] is 1-2 lbs. a week. It could take you a year to do this if you are going about it the right way. This seems overwhelming when you are 50 lbs. overweight. A maintenance plan is pivotal to keeping that weight off.

It's okay to take a break, as long as it is a Maintenance break, which means you don't go back to old eating habits and things that got you into being overweight in the first place and you can relax from your usual workouts. Your calorie intake will depend upon whether you are in weight loss mode or maintenance mode.

I personally always plan for a maintenance period during our vacation. It just makes sense for me. Now my weight loss mode is replaced by training mode, but I still take maintenance breaks because it helps emotionally and physically. Losing weight is hard and it's okay to take a break. Just make sure you get back on track when you get back!

Most importantly, enjoy your vacation!

Sandi



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Quote from a SWTI client:

Thank you again for all your help. You motivated me to want to do it and that was another huge step for me along the journey. It just goes to prove that if I can do it, anyone can do it.

If you had told me last year that I would weigh 40+ less this year, I wouldn't have believed it.

I really just took it each day and did the best

I could with eating and exercising. Some days were better than others but I stuck with it and it worked. And nothing could be more accurate

than it has to "start with the inside"!

Michelle