

The Roadmap for a Healthy Business Trip

A good business trip takes careful planning. So does maintaining a healthy lifestyle and a healthy weight. If you travel frequently in your line of work, or for your business, you know how difficult it can be to keep up good habits and how easy it is to slip into bad ones. The good news is that, with a little added preparation and smart choices, you can considerably reduce that risk. Here's how:

- Set realistic goals – Goals will help you stay focused while you are away, but be realistic. For example, instead of losing weight, why not set maintaining your current weight as your goal?
- Be prepared – It's easier to maintain your health and weight with a little preparation. For example, call ahead to the hotel where you are staying and see if they have a fitness centre. Or, for frequent stays, consider a pass to a local facility. And be sure to take along your workout gear.
- Scan the menu – Taking time to review your choices will help you make healthy ones. Consider:
 - Avoiding foods with descriptions such as 'fried,' 'crispy,' or 'battered.' They are likely high in fat. Instead, look for high-fibre meals, like a baked potato or salad.
 - For baked potatoes and salads, avoid high-calorie dressings and sour cream, or extras such as meat, cheese, egg and croutons. Or, ask to have dressings and toppings on the side so you can control your portions.
 - Ordering a small or kid-size portion. This is a great way to reduce the amount of calories, sodium and fat you consume.
- Eat on schedule – Skipping meals or not eating for long periods increases your hunger and the risk that you will overeat when you finally make time for food.
- Curb the urge to splurge – Keep snacks like graham crackers and fruit on hand in your car, bag or briefcase. This will help keep your appetite in check when standing at the buffet table or ordering a meal.
- Forego fast food where possible – If fast-food restaurants are your only option, remember that many now have health-smart choices. Be sure to ask for the nutritional information and check the calorie, fat and fibre counts before ordering. Often, these choices aren't healthier than what's on the main menu. Avoid the value meals; the calorie content is generally equal to two meals.

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