

stay healthy on holiday

It's been a while, I know. I've just been training people back home in Iceland and organizing some exciting Asia trips for next autumn. In three weeks, I'm going to Vietnam and guiding my first tours in Asia. So, pumped! More on that later... In honor of nutrition awareness month, I have written a joint post with travel expert and tv star Kendra Thornton about how to stay healthy on holiday. You can find Kendra on twitter. Here are some of TUN's best tips:

I am away from home quite often. While this is fun, it can be bad for fitness and keeping healthy. I always want to keep myself healthy while traveling or at home, and over the years I have come up with a number of effective techniques.

Buffet Restaurants

There is a natural tendency when eating out, especially at a buffet, to pretend these calories don't count. The calories do count and can mount up quickly with all the choices available. To avoid overeating in the presence of so much food, I usually fill my plate up once. Half of my choices come from the vegetable and fruit area and the rest of the plate has small amounts of the other available choices. If I find myself really hungry after finishing my plate, I will go for something like jelly or other low-calorie foods.

Games

Nothing gets people up and moving like competition, especially with a prize involved, such as picking out the hotel bed of your choice. Games that work well are races in the pool or grabbing toys in the fastest time. Scavenger lists are also fun with each person writing down during the day the items they have seen or found. Other games include making a list of how staff you meet at the resort and their hometowns. And of course, if there are walking areas, you can race to see who reaches the big tree first or finds five different animals first.

Drink Lots of Water

Most people become more dehydrated while traveling due to being outside more and being exposed to the drying effects of the air conditioner. But, most people don't drink water on vacation; they drink less because of limited access of free water and an inability to find available water. The best way to deal with this is to always have several bottles of water with you throughout the day. It is easy to ask for some ice to cool your water, and it is easy to drink when back at your lodgings. If you can't bring a supply with you, on arrival look for a place where you can buy your water.

Check Out Your Hotel

Most hotels these days provide their guests with some sort of physical activity. This may include a gym; play room, bike or ball rental, or connections to local hikes or activities. If your hotel has done all this work for you, it makes sense to take advantage of it. I booked a hotel with a great gym for our upcoming trip to Ho Chi Minh City. With so many [hotels in Ho Chi minh City](#), sites like [Đặt khách sạn](#) can help sort out the unwanted ones and make the process a bit easier. With different activities, you don't need to do the same thing each day, which adds to the fun of being away from home. Make sure to inquire about the proper clothes to bring on your outing.

By using these techniques, it is easy to kit healthy and fit away from home. I always bring healthy snacks along, so my family will be able to continue their usual diet while on vacation. By getting involved with activities and games, my family keeps their fitness up to par as well.

Walk

Taking a taxi can be very cheap abroad but try to walk as much as possible instead of taking a taxi. You save money and burn a few extra calories. You can even rent a bicycle for cheap in most places. You might get lost but you'll see your destination in a whole different way than if you were driven everywhere.