

TOP 10 WAYS TO STAY HEALTHY ON THE ROAD

One of the great advantages in living on the road is the ability to take advantage of local & seasonal offerings.

1. **Plan ahead** as much as you can. If you know you'll be in a certain area check the days and hours of local farmers markets. Produce purchased here will stay fresher longer than store produce because it hasn't already traveled days to get to you. Get a week's worth.
2. Take advantage of **roadside fruit & produce stands**. The ultimate in buying local! This is also a great time to take a break and perhaps get in a quick 15 minute walk if space allows!
3. **Grow your own** fresh herbs. Rosemary, Basil and other herbs require little room and can add a fresh and nutritional touch to meals.
4. **Walk**. Remember to try to get at least 30 minutes of walking in each day! You don't have to go anywhere, just pick a direction, walk for 15 minutes, turn around and come back.
5. **Eat Seasonally and Locally**. Spring and summer are fantastic for most fruits and veggies; Fall is great for squash, potatoes, nuts, apples and mushrooms. There are even iPhone apps that will tell you what is in season for the area that you are in!
6. **Chose Healthy**. If you must eat at restaurants or fast food places, try to make healthier choices and skip the super size. Water is better than soda. Try to keep these occasions to a minimum and skip the biscuits and gravy!
7. **Snack Healthy**. Nuts, seeds, dried fruits all make healthy, grab 'n go snacks. Fruit and veggies can also be quick n easy.
8. **Shop at healthy & natural markets** as much as possible. If you do shop at a conventional market, shop the perimeter where you'll find the freshest products. Remember to read your labels and avoid the basic 5 "bad" ingredients: Hydrogenated Oils (includes partial versions), High Fructose Corn Syrup, Aspartame, MSG and Artificial Colors.
9. **Stay away from processed, packaged foods** as best you can. These foods traditionally contain chemical preservatives, additives and colorings
10. **If you don't bring it in, you won't eat it!!** The best way to eat healthier is to not buy or bring in unhealthy foods!

Plan Ahead, Be Smart, Be Healthy!

For more information and help in leading a healthier lifestyle, consider joining the
Nutritional Therapy 1:1 Wellness Circle!

More info at <http://www.NT11.info>.