



IT'S GET-AWAY TIME!

Are you looking forward to some well-deserved time off? Enjoy the change from your daily routine, but don't take a vacation from eating right. To help keep your vacation from wreaking havoc on your waistline, the folks at Weight Watchers® have packed up some healthy eating tips for you to take along.

● Don't let your vacation go to waist!

Lack of planning can be a dietary downfall. There are lots of opportunities for healthy eating no matter where you go. Before heading out, search for a website with information about your destination – chances are they will include local dining options. And menus are often published online, so you can even pick your order before stepping foot into the restaurant.

● Get up and go!

You've been looking forward to this vacation for a while, so don't sleep it away. Start the day with an early walk or a trip to the hotel's fitness center. You'll set the tone for the rest of the day, and the additional activity will help to burn off the extra calories you're probably eating.

● Traveling by car?

You can see so much of the countryside when you travel by car, but sometimes it's hard to find just the meal you're looking for when driving back roads. Try taking along a cooler with light meals, snacks, and beverages – that way just in case your choice dining establishment doesn't turn up you'll have what you want. And be sure to stop often to stretch your legs, take a brisk walk, and maybe even catch 40 winks. When you're refreshed it's easier to make wise decisions.

● Handling those "all-you-can-eat" eateries

What's your best bet when you see the "buffet" light flashing in the distance? Ride right on by! Ordering off a menu will offer you better portion control. Keep in mind that, even if it's included in the price, buffets are no bargain if you overdo it. But... if you really want the buffet...walk the line before making your selections. Often there are a variety of healthy choices, but they might be further down the line. There are probably items like peel-and-eat shrimp, grilled chicken and veggies, salad, fruit, maybe even light yogurt. Start by piling the healthiest foods on your plate first – you might find they are all you really want!

● But sometimes you just want to indulge!

After all, it is vacation! Remember that eating healthy doesn't mean giving up everything you love. What is that treat you're longing for? Plan for it by choosing lighter meals at other times during the day.

● Set realistic goals

This may be the time to maintain (not lose) weight. Don't beat yourself up if your eating doesn't go exactly as planned. And if you do gain a bit while you're away, get back on track as soon as you get home. Most importantly, enjoy your vacation!