

HEALTHY EATING ON THE ROAD IS A REALITY WITH JUST A LITTLE PLANNING. BELOW ARE SOME GUIDELINES TO KEEP YOU ON TRACK FOR A HEALTHY SPRING BREAK:

1. Remember to eat at mealtimes. Try not to skip meals, but rather balance them. Buy breakfast foods to eat in, pack a sandwich for lunch and maybe have a dinner out.

3. If you are staying in a hotel, remember to stop at a supermarket and stock up on staples listed in #2.

4. When on the road, visit the deli counter or salad bar at a local supermarket for lunch.

5. Bring plenty of bottled water regardless of how you are traveling to stay well-hydrated.

7. For more information on eating on the road, check out: www.healthyhighways.com

2. If you are traveling by car, bring a cooler and pack it with healthy food and drinks: fruits and veggies such as baby carrots, grape tomatoes, celery sticks, baggies of grapes, raisins; protein foods such as hard cooked eggs, wax covered cheese, yogurt, cans of tuna and a jar of peanut butter and bottles of water. Then, bring a loaf of bread, some bagels or maybe pita bread and you can eat well without buying food at rest stops.

6. Whether flying or driving, it is important to get up and move your body often. Wear good walking shoes and walk around the train station, airport terminal or rest stop. Practice "desk" yoga and stretching exercises every hour to keep your body in good shape.