



# TRAVEL MAP

Advice to make the most out of  
your time away from home.



# TRAVEL MAP

The following advice is what I have learned over the years from travelling to cities, beaches, visiting friends, and embarking on backpacking adventures. While I believe to my core that it's good advice, and can help you make the most out of your time away, the most important piece of advice is this: Don't take anything I (or anyone else) say too seriously. The most important thing you can do, is relax and have fun, whatever that means to you.

## 1. Train first thing in the morning.

It's totally up to you how often you train while you're away, and even how hard you push, but the one non-negotiable should be getting it done as soon as you get up. Telling yourself "I'll do it later" doesn't only set you up to very likely not do it later (who is in the mood to train after a day of exploring or laying under the sun?) but it will inevitably make you feel a little annoyed at yourself if/when you don't get it done.

There is no better way to set yourself up to have the best day than crushing a quick workout and feeling like a boss before it even begins. Your friends will just be waking up, and you'll already be covered in sweat with the biggest smile.

## 2. Up your water intake

This is hugely important for so many reasons! Whether you're running around all day exploring, laying in the sun, or just consuming less home-made food than usual (aka lots more sodium and sugar) your body is going to NEED it, bottom line. I like bringing a big water bottle with me when I travel, and taking it out when I go walking around for the day. If you're holding it, you'll inevitably be sipping from it without much thought.

## 3. Plan for 1 indulgent meal/day

I will never forget the first time I went to an all-inclusive in Mexico. I was 15 years old, and I ate EVERYTHING in sight. Oh, I don't have to pay for this? It's going in my mouth. By the time it was dinner I would be so full that I could (literally) barely stomach the thought of food. When



## TRAVEL MAP

When my binge eating was at it's worst in 2014, I went on a trip to Chicago. Out of guilt for not sticking to my ridiculously strict meal plan, I went in to total "fuck it" mode. This resulting in pretty much a four day binge. Needless to say I felt horrible physically, and even worse mentally.

What I learned later from experiences like these ones was that more doesn't necessarily mean better, and that guilt is the antithesis of fun. We need to be able to allow ourselves to indulge, guilt-free (in life, but even more so on vacation). The mentality that I have approached travelling with over the last four years or so has been one of indulgence, but also a respect for my body and giving it the healthy foods it needs.

I typically choose one meal a day that will be my "order whatever the fuck you feel like and enjoy it baby girl" meal. This is dinner most of the time, but not always. Then I treat breakfast and lunch the way I would when I'm back home. Look for greens, protein, whole foods, healthy fats, and still be really yummy.

Some days away, both brunch and dinner end up being large and indulgent. I never feel guilty about it, but given that they are both so much bigger than any meals I would make for myself at home, I keep that in mind knowing I would probably get sick if lunch was huge too. Those day's I'll keep my lunch to more of a snack (preferably one with high protein) and then I'm actually able to get hungry again by the time it gets to dinner!

Look you guys, this isn't a perfect formula and it shouldn't have to be. The bottom line is to allow yourself to indulge without guilt when you want to, and not to go overboard to the point of not feeling good.



# TRAVEL MAP

## 4. Don't drink straight sugar

Raise your hand if you've ever had a hangover from only drinking SUGARY cocktails all night...my hand is raised as I write this. There is no worse hit to a trip than a hangover that feels like you are being repeatedly hit in the head with a hammer. Not only does it feel like shit, but an average frozen margarita is about 600 calories and over 100g of SUGAR. You guys know I don't believe in obsessing over calories, but that just is not good for anyone.

Here is my advice: If you're planning on drinking, feel free to indulge in your favourite cocktail. Mine (when outside of Canada) is a Whiskey Sour. Once you've had it, talk to your server or bartender (this is also way easier if you're making your own drinks) and ask them how they can help you modify a drink to not have so much sugar. My favourite hacks are using fresh mint lemon, ginger, lime, berries, or even ordering a bit of slush on the side and mixing it in myself.

It doesn't need to be sugar-free necessarily, but cutting down each drink from 100g of sugar to 12g of sugar is going to make a big impact on how you feel the next day. Please drink responsibly babe!

## 5. Have the best time:

It's pretty simple: Explore where you are, appreciate every moment (even the not so perfect ones), and make as many memories as you can! Sure it's cool to document the experience, but just remember that going away is about more than just getting that #goals IG photo.

Do I believe in making your partner/BFF take an obnoxious number of photos of you without complaining? Yes. But more importantly is to truly appreciate where you are IRL, without worrying about getting it all on the gram. Please remember that no vacation is perfect, no matter how things may look on social media. It's about making the best out of YOUR adventure, not wishing you could be a part of someone else's. I hope you have the most incredible time.