Have a Great VACATION!

How to balance fun, food, and your plan
Have a Great VACATION!

What it is: Ahh, vacation. It’s a time to escape from everyday responsibilities and have fun! But it’s also a time to stay in touch with your healthy habits, and maybe even take advantage of the free time and fresh setting to get in more activity or try new foods. In the past, vacations might have involved overdoing high SmartPoints® value foods, not watching portions, and/or taking a break from regular physical activity. You wind up coming home with regret as an unwanted souvenir—and you might be apprehensive about going away in the future. But you can find a middle ground that lets you enjoy yourself and feel good about your choices.

How it helps: The idea of leaving regular routines and environment needn’t be daunting. Reframing how you think about vacation—and what it means to relax and enjoy yourself—can help you feel great while you’re there and after you get home. Recognizing that you are in control of your choices, and that you have “travel tools” to call upon, can help you jettison the “old baggage” for a bright, new “success suitcase”!

WHAT TO DO:
PACK A WINNING STRATEGY!
As you plan your itinerary, plan how to address potential vacation challenges, too. Being prepared with the right “travel tools” can help you enjoy yourself without guilt getting in the way. Use the blank spaces below for your own vacation shift.

OLD BAGGAGE
Overdoing unplanned high SmartPoints value foods

TRAVEL TOOLS
Portion estimating, checking SmartPoints and your Budget

SUCCESS SUITCASE!
Enjoying local eats by choosing mindfully, and portioning smart

Ditching your regular fitness routine

Thinking of activity as moving more, rather than “exercise”

Getting movement in when you can; planning fun activities: beach walking, kayaking

Assuming you’ll gain weight

Deciding if you want to stick with your plan, maintain, or allow a small gain

Creating a plan to stay on track and recognizing that you can get back on track quickly, even if you gain

THIS WEEK’S FOLLOW-UP
Think of a vacation challenge you’re concerned about, then apply a “travel tool” to help shift to a successful new action instead.
THINK AGAIN
Yes, you can savor your vacation and still stay true to your healthy goals. Start by leaving the baggage of unhelpful thoughts behind, and packing helpful thoughts to take on your trip!

UNHELPFUL
“I want to lose weight on vacation but I also want to unwind and not worry about tracking at all.”

HELPFUL
“I’m OK with not losing weight on vacation, but I want to try to maintain what I’ve lost. I’ll track, without pressuring myself to capture every bite. I can pick up where I left off when I get home.”

UNHELPFUL
“Vacation won’t be as much fun this year because I’m ‘on a diet’.”

HELPFUL
“I’m not ‘on a diet.’ I’m creating healthy habits for life. On this plan, I can still have fun, try exotic foods, and enjoy outdoor activities. It’ll be just as much fun and I won’t feel guilty about it this year.”

YOUR TURN! What unhelpful thought have you had about going on vacation? Write it here. Give it a reality check, then write your helpful thought here.

UNHELPFUL
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HELPFUL
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INSPIRATION FROM OUR COMMUNITY!

“If you can learn to stay present, even when you go off track, you know you’re going to get back on track and that feels like a victory.” —Oprah

“Prepped a bunch of snacks for traveling. Some will be in my carry-on and some are for when we’re staying with family.” —Swarm196

“Imagine sharing all the things you did well on vacation: tracking, walking, portioning, drinking water.... It’s a powerful feeling!”

“My vacation plan: Eat breakfast in the room, enjoy myself (sensibly) at dinner, make memories with my family, and not stress about the scale.” —XPaper2016

What’s your best #Vacation advice? Share on Connect on the mobile app (for subscribers).
ASIAN-SPICED FLANK STEAK WITH PINEAPPLE-PEPPER SALSA

Fruity, tangy, and totally easy!
4 SmartPoints® VALUE PER SERVING // PREP 15 MIN // COOK 11 MIN // SERVES 4

- 3 Tbsp low-sodium soy sauce
- 1½ tsp grated fresh ginger root
- ¾ tsp garlic powder, or to taste
- 1 lb lean flank steak, about ½-inch thick
- 1 cup diced pineapple
- ¼ cup diced sweet red pepper
- 2 Tbsp sliced scallions

In a glass bowl with lid (or a food storage bag), combine first three ingredients. Add steak, turn to coat, and cover bowl (or place steak in bag, seal bag, and turn to coat); refrigerate at least 30 minutes or overnight.

- Preheat grill to medium-high.
- Remove steak from marinade; discard marinade. Grill steak for 5 minutes on first side; flip and grill until well browned on outside and medium-rare inside, about 5 to 6 minutes more. Remove steak to a clean plate; let sit for 5 minutes.
- Meanwhile, in a small bowl, combine remaining ingredients for salsa.
- Thinly slice steak across grain; serve with salsa. Yields about 3½ ounces steak and 1/3 cup salsa per serving.