



Insights and Sound Bites

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"There is a world of difference between knowing what to do and actually doing it." - Bill Phillips, Body for Life

Road Warriors & Diet Demons!

Amy Winstel, QRC

My friend, Phyllis, says that my "healthy life" is at the next exit. She even has a catchy logo to make her point:



I've tried more than once to explain to her that my exits only lead to hotels, airports and focus group facilities. Unfortunately, she doesn't think I'm as witty as I think I am. I've also tried to explain the grueling life of a market researcher on the road and would like to think she just doesn't "get it." After all, she's a certified health counselor, holds a fancy degree from Columbia University, and is trained in integrative nutrition... which means that she's studied all of the major dietary theories to help you (and me) discover what approach works best for you at any point in your life. But then I remember that Phyllis didn't always fill her days leading people to healthier lifestyles; she's actually a former flight attendant with a career in management at Delta Airlines. That means she does "get it," probably more so than I realize.

With that in mind, I decided to engage Phyllis in my 2010 New Year's Resolutions to have my "best life" (I borrowed that inspiring verbiage from Oprah and her trainer, Bob Green). Luckily, January started off great – I was surrounding myself with motivating books (think Jillian Michaels of 'The Biggest Loser' fame), planning my meals, eating every three hours, hitting the gym and even trying to figure out how a trainer could fit into my budget.

Then, the Big Project hit me taking me "on the road" to really test me. Despite my preparation, I succumbed to all of the obvious temptations and neglected to work out even once. I blamed it all on the trip out of Cincinnati - my flight was delayed by two and half hours, which ultimately landed me in a hotel room at 11:00 pm, clamoring for room service and then waking up way too tired to hit the treadmill. At the focus group facility, there was no fruit available for breakfast, and when I beelined towards the shiny Keurig, I knew I was in trouble.

Upon my return, I turned to Phyllis to figure out what had gone wrong. Her analysis: I had neglected to balance foods that increase my energy versus those that decrease energy.

Energy increasing foods include whole grains (not foods that claim "made from whole grains"), beans, vegetables, fruit, healthy fats, water and protein.

Energy decreasing foods include caffeine, alcohol, sugar, trans-fats, dairy, sugar, simple carbohydrates (bread, white rice, pasta) artificial sweeteners, fast food, and anything packaged, processed or preserved.

So, wondering how to stay healthy AND energized on the road? Follow these basic guidelines that Phyllis refers to as the "QTQ's" - **Quality, Timing and Quantity**, three easy concepts to keep in mind when eating on-the-go.

Quality: Aim to have the least processed foods available. The closer a food is to its natural state, the higher the quality.

Timing: Timing is crucial when eating on-the-go. Make sure you eat every four hours. If you're ravenous, you're far more likely to fall prey to the siren call of the drive-thru.

Quantity: It's easy to eat mindlessly when you're in a dark back room or stuck in the airport. Take time to breathe and chew while you eat, so you can really feel when your body has had enough. Aim to eat to the point of feeling like you've refilled your energy stores, and then stop. You want your food to fuel you up when you're on the run, not slow you down.

Phyllis also suggests these **TOP 10 TRAVEL FOODS** to take with you (many can be packed in a purse or carry-on!)

Note to self: M&Ms are NOT on this list!

1. Chia seeds (find them at Whole Foods, your favorite health food store or www.emeraldcitytea.com)
2. Nuts, seeds and dried fruits/vegetables
3. Vegetables - sugar snap peas, cut jicama, celery, carrots, cauliflower and bell peppers (hummus to dip)
4. Fruit - cherries, plums, apples, pears, grapes, clementines
5. Hard boiled eggs
6. Ezekiel sprouted wrap, organic turkey slices, sprouts & spicy mustard (this may be hard to find ON the road, but can easily be packed and transported on a day trip)
7. Flax or nut crackers
8. Greens Plus Bar with Protein
9. Homemade trail mix (nuts, seeds, dried cranberries, dark choc chips, coconut)
10. Emergen-C, Sencha green tea powder, probiotics

To work with Phyllis McCarthy for your health and wellness on the road, please visit her at www.cincyhealthcoach.com or 859-474-0345. Happy & Healthy New Year!

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