

# Making Holistic Choices "On the Go"

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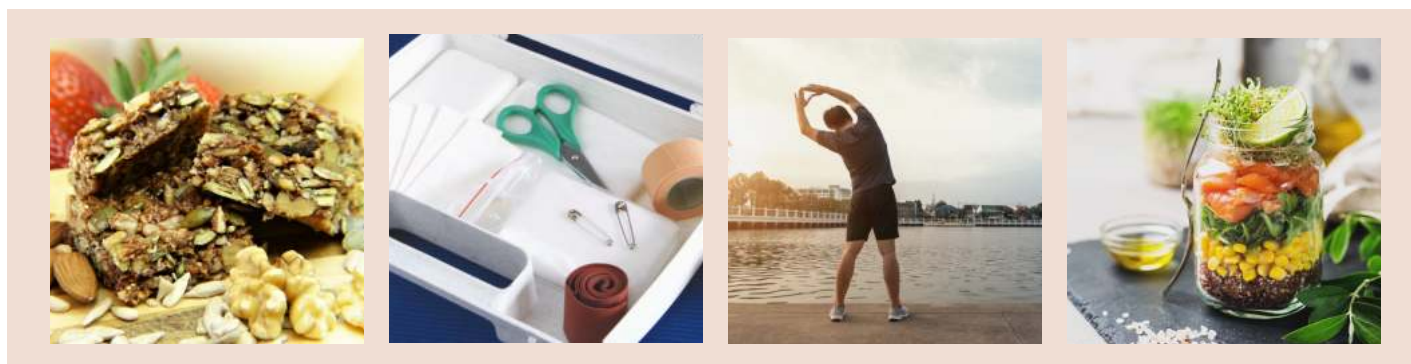
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Summer abounds with opportunities to connect with friends, go on adventures, and spend time with family. But, sometimes, family schedules and commitments can make summer seem more chaotic than enjoyable. Especially if you're newly committed to living a healthy, natural lifestyle.

When you're on the go, it can be challenging to make healthy choices. Whether you're on a road trip or just shuttling the kids to practice, as you pass each exit sign, it can seem like there are no healthy options. In this article, we outline how you can find nourishment and prepare to make good choices for your well-being within your fast-paced lifestyle.

## 1. Meal and Snack Planning

If you know you will be running around town for a while or in the car on a road trip, consider packing snacks and meal prepping. If you plan to prepare perishables, invest in a cooler and a bag of ice before you begin driving. Some simple ideas for road trip meals include leftover turkey and cheese sandwiches with apple slices and celery sticks with nut butter, salads with chicken or tofu stored in glass jars, and Greek yogurt parfaits with granola, blueberries, and strawberries for breakfast. Before departing, create a list of restaurants you feel good eating at for times you find yourself in a pinch. Browse restaurant menus in advance to create a list of healthy options. Keep your list in your phone and glove compartment for easy accessibility. You can also search for these restaurants or others along your route before you leave.







Some tasty and filling snack ideas are homemade granola bars, fresh fruit, all-natural beef jerky, roasted pumpkin seeds, and dark chocolate. When you're traveling, there tends to be more availability for quick snack options. Many convenience stores have refrigerated sections with fruit, hardboiled eggs, cheese, and beef sticks.

They typically also carry nuts, dried fruit, trail mixes, and granola or protein bars. Whether you're traveling or not, it's important to incorporate a variety of food choices to get an assortment of nutrients. You may not always find organic options in a quick shop, but reaching for the cleanest sustenance is better than feeling hungry and potentially fatigued.

For refreshments, consider bringing along your favorite brand of water. We recommend a pure reverse osmosis variety like Aquafina. You can also use some of the fruit you brought to add some flavor to your water.

## 2. Improve Your Vehicle's Environment

Your vehicle can become like a second home when you're on the go. We advocate for treating your car as you would your house. To start, use all-natural cleaners and chemical-free air fresheners, such as those made from essential oils. You can also purchase an air vent clip diffuser, which allows you to customize your scent by soaking a small sponge in your own blend of essential oils. If you prefer a simple and discreet method of freshening your car, add a few drops of essential oils to a cotton ball to place under the seat.

Since we all need fresh, clean air, consider opening your windows whenever possible while driving. Regularly changing your vehicle's cabin air filter is also a good idea. In addition to safeguarding your lungs, you should wear sunscreen and sunglasses to protect your skin and eyes while driving. Other ways to make your vehicle feel more homey while doing frequent travels include investing in audiobooks to help pass the time and a small trash can to keep things tidy.



### 3. Nurture Your Physical Wellness

Before leaving on a road trip, consider creating stretching and exercise routines that the whole family can do together. For example, a quick walk followed by lightly stretching your arms, legs, back, and neck can help reduce stiffness associated with long rides. While driving or riding as a passenger, it's beneficial to maintain good posture. Here are some tips to support your posture while driving:

- 1. Make a connection with the seat back.**
- 2. Avoid leaning over the steering wheel.**
- 3. Ensure that your lower back remains in contact with the back of the seat.**
- 4. Select a vehicle with seats that match the height of your shoulders if possible.**
- 5. Slightly bend your knees and elbows while driving. Move the seat closer if your legs or arms are fully extended.**

If needed, invest in supportive cushions or products that target your troublesome areas, such as your lower back or neck. As needed and when safe, breathe from your diaphragm to help reduce stress and increase alertness. You can take deeper, patterned breaths to calm your nervous system when needed at stops.

### 4. Pack for Prevention and Safety

When you're on the road and on a time crunch, it's not always possible to stop and get what you need. By packing essentials in advance, you can prevent time-consuming side trips. Things to consider packing and storing in your car include an all-natural first aid kit, mosquito repellent, sunscreen, feminine hygiene products, wet cleaning cloths, a car kit with jumper cables and other necessities, and your favorite all-natural support for stress. Keeping protein bars or snack mixes on hand can also be beneficial. For more information about mosquito repellents, all-natural first aid kits, and how to stay well during the "dog days of summer," visit [trinityschool.org/healtharticles](http://trinityschool.org/healtharticles).

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## 5. Cultivate an “It’s Okay” Mindset

An “it’s okay” mindset means that when you cannot find exactly what you want on the road, you remind yourself that “it’s okay.” It takes time to learn how to prepare for a road trip when you’re choosing a healthy lifestyle. Learning how to respond in a “pinch” also comes with experience. It’s okay if you don’t always get it right. For example, you may not find organic, local fruits and vegetables at a gas station, but you may be able to find a salad, fruit, a hardboiled egg, and cheese. That’s okay. It’s better to be “okay” than to feel hungry, fatigued, and potentially irritable on the road. It simply isn’t worth stressing over or beating yourself up about! Do the best you can with what you have at that moment. Learn from the situation and plan to avoid it in the future. Remember always to treat yourself how you would treat your client, best friend, or family member if they were in the same situation and doing the best they could.

### Conclusion:

Changing your lifestyle while being on the go certainly isn’t easy. But with practice, valuable learning experiences, support, and knowledge, we are confident that you can find a way to succeed. Pack and prepare before you depart, keep a flexible mindset, and ensure you support your physical health through exercise, good posture, and proper breathing on long road trips.

To learn more ways to holistically support your health and wellness, consider enrolling in our Certified Holistic Fitness Specialist program. To learn more about this program and enroll, scan the QR code below or call 800-428-0408, option 2, to speak with an Enrollment Specialist.



*"Learning how to respond in a 'pinch' also comes with experience. It's okay if you don't always get it right."*



## References:

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