

# healthiest ever

## RULES TO LOSE BY

### own the open road

Summer means road trips—and, if you're not careful, greasy grub and hours of sitting. Use these tips from our Leaders, Coaches and Bloggers as a GPS to stay on the right path.

ASTOLD TO MANDY RICH

#### 1. START EARLY

"I always pack breakfast. Even if it's a scooped-out bagel with a thin spread, a banana and coffee, it's trackable and gets me off to a good structured start."

—Anita Sado,  
Blogger, Leader and Coach

#### 2. PACK A PAL

"Most of the time when I travel, I take my dog with me. I stop at rest areas that are pet-friendly so we can walk around. I also take my fitness cards from last year's WW Starter Kit to add in some exercises."

—Jenna Maruszak,  
Leader

#### 3. STOCK YOUR SNACKS

"We fill a cooler with ice, and load it up with veggies, cheese, fruit and water. We also take along a supply of our favorite salty and sweet snacks, including products from the meeting room. That way, when we stop for gas or the bathroom, we avoid roadside snacks."

—Jenna Stewart,  
Location Coordinator and Personal Coach

#### 4. CONQUER ANY CRAVING

"I've learned that on the road I crave chocolate, and that can be dangerous. Weight Watchers mini-bars totally satisfy that chocolate craving and keep me on Plan; they're portable and the **PointsPlus** value is already calculated."

—Cheryl Gilbert,  
Leader and Coach

#### 5. CONTROL YOUR ENVIRONMENT

"I was a soccer mom for many years traveling around the country with boys' and girls' soccer clubs. Before the trip, I made sure that whatever hotel we were staying at had a refrigerator and a microwave. As soon as we arrived I'd hit the supermarket."

—Linda Sherman,  
Leader and Coach

#### 6. DRIVE YOURSELF TO DISTRACTION

"My plan for not eating everything in the car within the first 20 minutes? Diversions. I bring health and fitness magazines, cards and a sketch pad."

—Cecelia Parrish,  
Blogger

**download these** Here are some apps to lighten your load • Not sure about your best roadside snack option? Download **Good Guide**. • **USA Rest Stops** helps you find the nearest potty break in a flash. • If you decide to pull over for the night, **Hotel Tonight** gives you last-minute options at nearby hotels.

PHOTOGRAPHY: GETTY IMAGES.