

5 Tips for a Healthier Road Trip

July 2010

Who says piling the family into the car for a summer road trip has to spell doom for your healthy habits? Use these ideas from Coulee Region Childhood Obesity Coalition members to keep things healthier when you're on the open road this summer!

- 1. Make your "rest" breaks active!** When you stop for a break, instead of heading to the nearest snack machine, choose a road side stop or park to get out and stretch your legs. Take a brisk 10 minute walk. Play a game of Frisbee or throw the football. It'll wake you up and stretch out those cramped legs.
- 2. Pack to Play.** It's easier to be active if you bring your favorite games along. Pack a ball (football, soccer) or Frisbee to toss around during your rest stops. Love golf? Bring your clubs on your trip! Love the water? Don't forget your suit! Enjoy tennis? Bring your racquet.
- 3. Try car-robics!** While moving around in the car is difficult you can do isometric movements to keep your blood circulating! Try:
 - Placing a pillow or towel between your knees & squeeze. Hold it for 2 seconds & release slightly. Repeat 8 times.
 - Or...Place your palms on the ceiling of the car, shoulder width apart. Press into the car ceiling for 2 seconds. Repeat 8 times.
 - Or...Lean over & wrap your arms around your knees, grab onto each elbow. Using your legs like an anchor, pull your torso away from your body, rounding your back up towards the sky for a great back stretch.
- 4. Snack Smart.** Finding healthier snacks at roadside stops is not always easy so our advice is to pack some! Need ideas? Try ...
 - Small 1 oz packages of assorted nuts. Can't find the single serving size you desire? Pack a handful in individual zip lock snack bags. Try walnuts, cashews, almonds or peanuts. Anything not in a shell
 - Fruit is always a good road trip snack. Try fresh or dried. Dried apricots, raisins, craisins or banana chips make great snacks. They'll satisfy your sweet tooth & fill you up!
 - Want something salty but healthier? Try pretzels...Make them fun by trying a new shape (twisted vs. sticks or the traditional shape)
 - Make your own trail mix...combine several favorite cereals, teddy grams, peanuts & craisins.

- Bite size veggies are a low calorie healthy alternative. Include cherry tomatoes, snap peas or baby carrots but put them in your cooler to keep them crisp

5. Reach for Water

Road side stops often don't have the healthiest beverage choices. Pack your cooler with bottled water or a thermos with ice water. Float some lemon or lime slices in your ice water for added flavor.