

spring IN TO fitness

6 WAYS TO HEALTHY TRAVEL

Brooke Thomas of 360 Your Life and author of two cookbooks offers tips for eating well while traveling, and we toss in a couple of our own ideas for staying energized and stress free.

- **Stay hydrated.** Bring refillable bottles that can be used throughout the trip.
- **Pack smart snacks.** A small cooler with cheese, nuts, cut fruit and veggies, trail mix, hummus, yogurt, and healthy sandwiches can make a stop for fast food less likely.
- **Eat half.** When dining out, share a salad and entrée, or take half of your own entrée home for a later meal.
- **Get moving.** Walk on the beach, hike the trails, swim laps or bike the boardwalk. Take advantage of the hotel gym or walk the city, instead of taking a taxi or subway.
- **Keep your cool.** Practice stress management when things don't go exactly as planned. Visualize success, smile, take deep breaths and stay calm. Plan ahead and bring gadgets and books for kids when traffic and airport delays occur.
- **Sleep.** You are in a new place and don't want to miss out on all the fun activities, but be sure to build in relaxation and sleep. Come back from vacation invigorated and not exhausted.

The Fit Family Challenge is in full swing. If you haven't already, join in the fun! Try free local fitness classes to earn bonus points for a chance to win weekly prizes and the grand prize family vacation, plus find tips to help you get healthy with your family. CharlotteParent.com/fitfamilychallenge.



READY, SET, MOVE: Fit Family Challenge

SPOTLIGHT FAMILIES MAKING POSITIVE MOVES

BY VANESSA INFANZON

In the April issue, Charlotte Parent introduced the McMasters and Bacon families who are sharing their everyday challenges and successes to healthier lifestyles through the 2015 Fit Family Challenge. Both families have jumped into their new routines with help from nutrition, exercise and wellness experts. Read on to see they are doing, then we hope you can take away some strategies to help your family, too.

The McMasters: Motivated for More

Motivated by the Fit Family Challenge, Tim and Jessica McMasters have been successful for more than four weeks giving up sweet tea and other sugary drinks. "The most noticeable change is the lack of mood swings that the caffeine caused," Tim says. "Plus my energy levels have stayed consistent throughout the day."

Jessica acknowledges the family's biggest challenge is finding time to eat healthy and exercise. "We have a desire to eat healthy and exercise, but no time with our busy lifestyle." Wellness expert Maureen Carlomagno with Your Wellness Coach recommended the McMasters write down everything they do each day for an entire week and then review where to eliminate unnecessary items and squeeze in the important ones to help them become more efficient with their time. "With better time management, I hope I will feel less tired and

Clockwise from back row: Tim, Jessica, Sullivan and Micah McMasters.

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The McMasters