

READY FOR A CHALLENGE IN YOUR HEALTHY LIFESTYLE ROUTINE?

by: Nadia Bender



So here I am on vacation in Punta Cana, Dominican Republic, enjoying the relaxation of an all-inclusive resort.

I was warned to be prepared for hopping on a shuttle bus to take me to the beach and restaurants because of the resort's huge size. I thought, that's crazy, I am a fitness instructor - why would I want to ride a shuttle when I can just walk it? Well, I was wrong. The heat, the food, the drinks, the kids and the activities all added up to slow motion and everything moving at a snail's pace. So if I ever wanted to make it on time for the reservations at the restaurants I would have to settle for taking the shuttle.

Now this resort was also overwhelming, with the buffet for breakfast, lunch and dinner. The assortment of food, both hot and cold, at every meal was unbelievable!

So here I am, starting the week off very well walking up and down the buffet aisles - yes, aisles - searching for the healthiest food options. I select the eggs for breakfast. For lunch and dinner I focus on the grilled fish and the sauteed vegetables as my best choices. As the days go by, the idea of trying more food at each meal becomes more enticing since the variety of food is so visually appealing and the portions look so bite-size. So why not try a little more? It's only a quarter of a serving for each item. But so many items start to pile on my plate. So what made me change my mind? Why did I start trying all the food that was available? Well the thought that I am paying for it so I might as well get my money's worth was not really the answer. There was the thought that all the food looked so tasty and what a shame not to try it at least once. The thought that each portion looked so small that I could load up my plate and not feel guilty. The thought that we might not be eating for a while so I should load up to avoid being hungry at the beach or by the pool. The thought that it was exercise on its own getting up and down and walking through the buffet aisles selecting the food. The thought that I needed to get my protein, carbs and healthy fats in as well as my fruits and vegetables.

So feeling very guilty about the amount of food I started to eat I thought now was a good time to get physical. So I joined the beach aerobics class, the aqua fitness class, the yoga stretch class and even did my own jogging through the resort and full-body core conditioning in my room.

That was definitely a start but not enough to stop me from gaining five pounds and enjoying myself away from my regular routine of fitness and healthy eating.

So the lesson learned was to keep moving even when you start overindulging in the food and drinks and not beat yourself up about it. Just stay focused so as to not allow every day to be a guilty day while on vacation. Be really ready to make up for it when you return to reality!

Well all of these thoughts ran through my mind and pushed me to my limits with the food that I was selecting. The concept of an all-inclusive was a real challenge to a fitness and wellness girl!

Have you thought about your plan for how you are going to handle your next all-inclusive vacation? Feel free to give us a call so we can put you on the right track for your all-inclusive trip!

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