

HOW TO BE HEALTHY WHEN TRAVELING TO POW WOWS

PLAN AHEAD: HOW DO YOU PLAN TO EAT?

IF YOU EAT UNHEALTHY GREASY FOODS, YOU MAY NOT FEEL YOUR BEST!
EATING HIGH NUTRITION FOODS BOOST ENERGY, MOOD, & PERFORMANCE

FAST FOOD/RESTAURANTS:

CHOOSE GRILLED MEAT OVER FRIED

CHOOSE CHICKEN OR FISH OVER BEEF OR PORK

FIND VEGETABLES! PICK THE GRILLED CHICKEN SALAD OR ADD A SIDE SALAD INSTEAD OF FRIES

FOOD AT THE POWWOW:

CHOOSE BISON/CHICKEN OVER HOT DOGS/BURGERS

LOAD YOUR FRYBREAD WITH AS MANY VEGETABLES AS YOU CAN

AVOID LOW NUTRITION FOODS LIKE NACHOS, FRIES, CORN DOGS, PIZZA

HYDRATE

IF THE POWWOW IS OUTSIDE/HOT AND/OR DANCING- MAKE SURE TO BRING PLENTY OF WATER OR MAKE SURE THEY HAVE WATER FOUNTAINS THERE FOR YOU TO USE AND BRING A REUSABLE WATER BOTTLE.

MOVE!

ARE YOU DANCING OR JUST WATCHING?

DANCING: YOU WILL BURN MORE CALORIES AND NEED MORE ENERGY.

WATCHING: WALK AROUND FOR 10 MINUTES EVERY HOUR TO ADD MOVEMENT THROUGHOUT THE EVENT

FAMILY/FRIENDS

OFFER TO BRING A LARGE SALAD AND BAG OF APPLES TO SHARE

OFFER TO COOK A HEALTHY MEAL TO SHARE TOGETHER

GROCERY SHOP TOGETHER: CHOOSE WHOLE GRAINS, LEAN PROTEINS, VEGETABLES, AND FRUIT

HOTEL

DOES IT HAVE A MINI FRIDGE/MICROWAVE - IF YES, PACK TUPPERWARE

GOALS

EAT A VEGETABLE EVERY DAY

PICK A HEALTHY MEAL ONCE A DAY

STAY HYDRATED WITH WATER

BE ACTIVE 30 MINUTES/DAY



HOW TO BE HEALTHY WHEN TRAVELING TO POW WOWS

PACK A COOLER

- WATER
- SPORTS DRINK IF OUTDOORS IN HEAT OR IF DANCING
- APPLES, ORANGES, BERRIES
- LOW FAT STRING CHEESE
- BOILED EGGS
- NUTS
- GREEK YOGURT
- LOW FAT COTTAGE CHEESE
- POPCORN
- TURKEY AND CHEESE SANDWICH ON WHOLE WHEAT BREAD
- WHOLE GRAIN CRACKERS LIKE TRISCUITS OR SUN CHIPS
- ZIPLOCK BAGS OF VEGETABLES (SLICED BELL PEPPERS, BROCCOLI, SUGAR SNAP PEAS, CARROTS, CAULIFLOWER, CUCUMBERS, CHERRY TOMATOES)

PIT STOPS

WHEN STOPPING FOR GAS, SPEND 5-10 MINUTES WALKING AROUND TO GET SOME MOVEMENT

NO WHERE SAFE TO WALK?

- 20 CALF RAISES
- 20 JUMPING JACKS
- STRETCH FOR 15 SECONDS EACH MUSCLE
- 10 SQUATS
- 10 CAR PUSH UPS (STANDING, PRESSING INTO SIDE OF CAR)

PICK HEALTHY

FAST FOOD: PICK GRILLED CHICKEN INSTEAD OF BEEF OR FRIED FOODS. CHOOSE SALADS WHEN AVAILABLE

GROCERY STORES: PICK A PROTEIN, VEGETABLE, WHOLE GRAIN AND FRUIT

GAS STATION: PROTEIN SHAKE, CHEESE, PACKED VEGETABLES AND FRUIT, POPCORN, NUTS