



ABOUT YOUR PRESENTER

Candice Kalb

- Currently - Storyteller, Photographer and Drone Pilot
- Personal Trainer, Olympic Weightlifting Coach, Yoga Instructor, Mindfulness Educator
- Van life in the PNW



**HOW TO BETTER
YOUR HEALTH +
WELLNESS... WHILE
TRAVELING!**





TO GET CLEAR ON YOUR GOALS START WITH YOUR CURRENT ROUTINE

Vacation you = home you

Look at your current routine

Be flexible and honest with yourself

Find your Why

Remind yourself when you are low on motivation.

SMART GOALS

- S** Specific – simple, sensible, significant
- M** Measurable – meaningful, motivating
- A** Achievable – agreed, attainable
- R** Relevant – reasonable, realistic and resourced, results-based
- T** Time Bound – time-based, time limited, time/cost limited, timely, time-sensitive



3 PILLARS OF WELLNESS

Movement



How can you integrate more movement into your travels?

Nutrition



How can you balance meeting your nutritional goals with trying the local food?

Mindfulness



How can you set yourself up for success during your trip?



MINDFULNESS

Set the foundation

Check in with yourself regularly

Be flexible and ready to adjust

Meditation

- Apps – Insight Timer, Headspace, Calm

NUTRITION

Research Location

Availability & Budget

Balance & Awareness

Be clear on your nutrition goals

Apps or Food journals can help stick to your goals





MOVEMENT

What is available to you in the location?

What do you like to do?

CREATE A PLAN!

Resources – Darebee.com, YogaGlo, Nike Training App, Interval Timer, Strava

Lightweight equipment –
jump rope, resistance bands, yoga mat

SET YOURSELF UP FOR SUCCESS

- Make a plan
- Anticipate obstacles & how to overcome them
- Be kind with yourself & celebrate your wins





THANK YOU

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