

#### 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
- Relevant reasonable, realistic and resourced, results-based
- T Time Bound time-based, time limited, time/cost limited, timely, time-sensitive

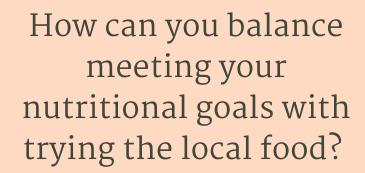


# 3 PILLARS OF WELLNESS

#### Movement

How can you integrate more movement into your travels?

#### Nutrition



#### 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

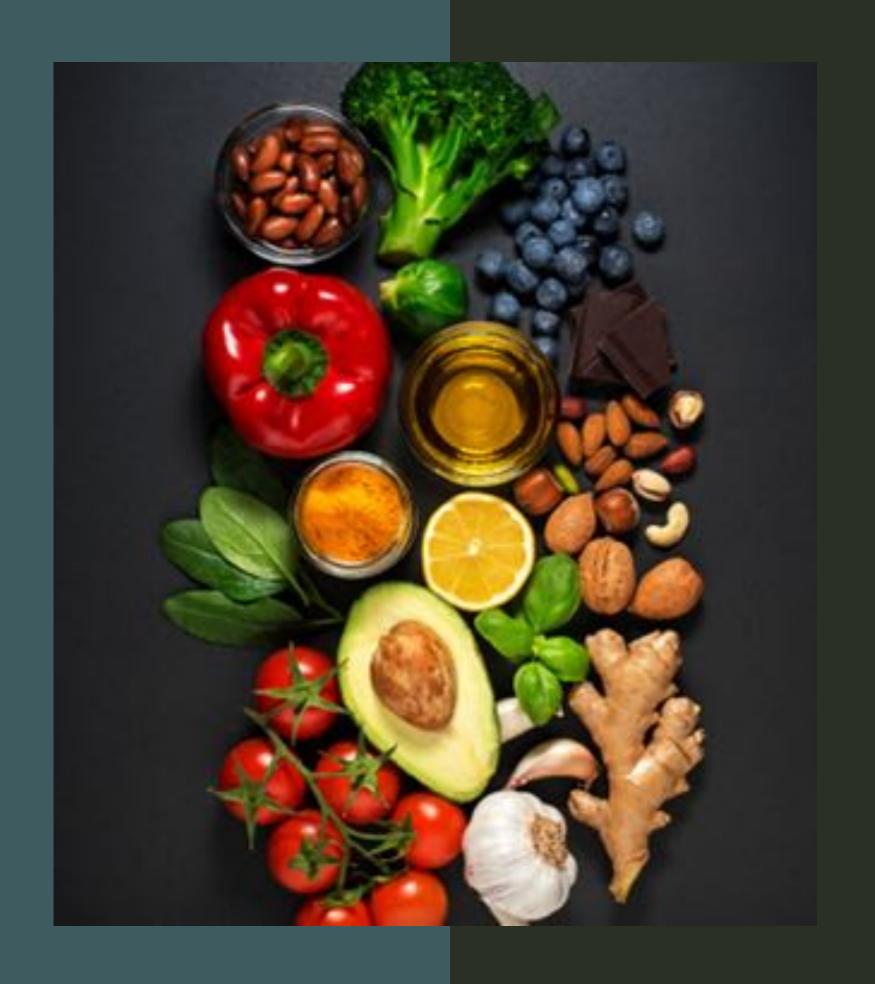
#### Research Location

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



