



# INTRODUCTION

*Funnily enough I am writing this e-book while on a plane, sipping on vitamin C water and with a bag of the most delicious healthy snacks by my side. I can't wait to eat my pre-packed bliss balls. This guide will be as practical as possible, as I'm doing it as I travel.*

Healthy living and traveling – these are a few of my favourite things. But healthy living while traveling can be quite challenging! I want to show you that you can make healthy choices during travel. It's taken several years and even more miles to create a plan of action when I take trips, but now that I've got the hang of it, it's become second nature.

The trick is preparation. Pack smart, research your destination and stick to your everyday healthy habits as much as you can – allowing some wiggle room for local fun, of course! It's an 80/20 approach. Well, maybe it's more like 90/10 for me. I allow 10-20% of room in my life to have 'imperfect' foods. This brings balance to my life and helps me to ENJOY my travels. That's the point of holidays, correct? Let's not be extreme when it comes to healthy living and eating.

The most important thing for me when it comes to healthy travel is to have as little stress as possible.

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There is nothing worse than being excited for a trip, but then being nervous or stressed because you're not sure how you going to manage healthy living on your travels. Well this, my friends, is not healthy. You just have to do the best you can do.

Most people glow with health, lose weight and feel energized on holiday because they have less worries and stress. Stressing out about healthy eating defeats the purpose of this! It takes away the point of your holiday and travels.

As I packed for my upcoming trip, I kept these ideas in mind. I hope they'll be helpful when you prepare for your next trip!



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*BEFORE  
YOUR TRIP*

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## DO YOUR RESEARCH.

Look into fitness clubs and yoga studios in the area that offer free trials or inexpensive drop in passes. I love taking Soul Cycle classes when I'm in LA and NYC, so I always check locations and schedules.

## PREPARE YOUR OWN SNACKS.

Plane and airport food is usually very high in sodium. This is fine in moderation, but save the splurge for a great restaurant when you arrive! Pack some healthy treats that are travel-friendly.

### *healthy travel snacks include:*

raw almonds, berries, dates stuffed with nut butter or seeds, sliced veggies, an apple, rice cakes with almond butter, a raw bar or homemade sugar free protein balls.

## PACK YOUR SUPPLEMENTS.

I bring a B vitamin complex (for energy, stamina and jet lag recovery) zinc, Vitamin C powder (to keep my immune system strong) and Spirulina tablets. Spirulina is packed with amino acids, nutrients and antioxidants to stay healthy and full of energy during travel.

I also bring a digestive enzyme and probiotic. It can be difficult to maintain good bacteria in the gut when traveling, so these support and aid digestion and help with travel bloat. I also take melatonin to keep my sleep cycle on track.



## *SNEAK PEAK INTO JESS' TRAVEL LOVES*

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### *my ultimate holiday destination is...*

A health or yoga retreat on the beachside- Bali and Thailand are my favorites! It's the ultimate holiday in my eyes. Yoga and meditation each morning and healthy food each day prepared with love and indulgent spa treatments. You come home feeling really rested and rejuvenated. That's what a holiday is all about isn't it? And I love LA for an exciting, more upbeat trip.

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