
Weight Loss When Travelling Protocol

The Re-Ignite Program

By Sam Guest

Carry a “caught short” pack with you at all times.

For me this can include:

- An Avocado
- A tin of sardines
- A bag of nuts
- A bar of 90%+ cacao chocolate

If I’m somewhere and there’s absolutely nothing decent to eat I’m ok. It also turns off the voice in my head that is convinced I’ll die if I don’t eat anything as I know I’m good whatever comes my way.

Walk Lots

Remember walking is the best exercise to lose weight...do it often...rather than sitting waiting for the plane...walk up and down. do lots of it, there’s plenty of amazing places to get your steps in and you might just discover some hidden gems whilst your doing it.

Failing that swimming or any other cardio machine these are both available at most hotels.

Calories Matter

You are probably going to be eating less quality stuff so must pay more attention to calories (sorry) Liquid calories are your enemy...avoid them.

Eat Real Food

Remember the mantra...eat real food. Real food has one ingredient...an egg contains egg, broccoli contains broccoli..simple.

Never Eat Two Bad Meals In A Row

This ones simple and stops you falling down the rabbit hole of gluttony. If you eat something bad follow it up with something amazing...use offsetting (see the How to eat pizza and still lose weight guide in the library) to mitigate the effects of any bad food you eat.

Strength-Train At Least Once Per Week

Push ups, dips and pull ups can be done at nearly every location. If you want to add in a HIT session do a Burpee Tabata:

20 seconds of burpees followed by 10 seconds rest 8 times for a total of 4 mins exercise which can be done in your hotel room.

Drinking Booze

Let's face it you're probably going to have a tippie or two...so you might as well do it properly. See the Party With Purpose Guide in the Library for how to do this