

# HOW TO COME BACK FROM *Vacation*

## Prepare for your return home before you leave on vacation

- Before your trip, make a list of what you need when you return home that can help ease your transition back. You can work with your coach to come up with a plan.
- Keep some shelf-stable and frozen foods handy in your kitchen - ex. whole grains, canned foods, and protein powder.
- Pre-plan your menu and meals for the week while traveling back home. Make use of that time in the car, airplane, or bus.
- Consider ordering groceries for pickup or delivery to make the transition smoother.

## Getting back into your routine

- Understand that you're not expected to be perfect as soon as you return home.
- Start with what is manageable for the first few days and gradually add more back into your routine. Work with your coach to come up with a gameplan.
- Postpone weighing yourself for a few days.
- Aim to eat most meals at home.
- Focus on water intake, sleep, vegetables/fruits, protein, and purposeful movement to boost energy levels and support immune health.
- Simplify meals by picking a protein, vegetable, starch (if needed), fat (if needed), and mixing up sauces and seasonings.

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## Conquering your mindset

- Avoid overwhelming yourself or putting unnecessary pressure on yourself.
- If jumping right back into your routine feels overwhelming, ease back gradually by focusing on 1-2 habits at a time.
- Avoid the desire to over-exercise or overly restrict food. Take it one meal at a time and work back to your usual macro targets.
- Manage your expectations. Understand that you may have temporary weight gain due to water retention or cravings from indulging during your vacation. Trust that as you return to your normal eating habits, your weight will stabilize.
- Remember to be kind to yourself during this transition period and focus on the positive aspects of your vacation. Celebrate the fun you had, the connections you made, and the memories you created. With time and patience, you'll find yourself back in your routine and feeling successful.