

6 Easy Ways To Stick To Your Fitness Plan This Summer

Written by Suzanne Koch



Summer's here and that means fun weekend trips to the lake, barbeques, cocktails and skimpy bathing suits.

The thought of sticking to your regular fitness plan through all the trips and events can be overwhelming, but by implementing these five easy steps, it will be a breeze!

1) Have A Game Plan

Write out what you are willing to do during the summer. If that means scaling back from your typical plan that is totally okay, just be honest with yourself. Maybe you're used to going to yoga 5-6 times a week and only treating yourself to a day off once a week but know that over the summer that may be unrealistic. Instead, ask yourself "What am I willing to stick to?" Then create a new plan for the summer. Maybe it is going to yoga two times a week and doing your own 20-minute routine two more times a week and treating yourself three times a week. Do whatever you need to create a plan and then stick to it.

2) Start Off With The Right Breakfast

Even if you are traveling, you can pack things to make sure you start your morning off on the right foot. Focus on making sure there is a good amount of protein to satisfy your hunger for a longer period of time. If your day goes awry, at least you had a good start.

Some options for breakfast include packing or picking up Greek yogurt, fruit, protein powders, nuts and homemade protein bars. If you are going out for breakfast opt for something like the vegetable omelet. Starting on the right foot in the morning will help you stay the course for the rest of the day, or at least try to.

3) Get A Workout In ... Even If It's Short

If you are on a vacation where you can do something active like going for a hike, bike riding, enjoying a nice walk or trying a new fitness class, then do it; it could be so much fun. In fact, by having so much fun, you won't even think of it as a workout. If you feel like you don't have enough time, focus on getting at least fifteen minutes in.

4) Modify Your Meals

Not every meal needs to be a big treat meal. Small adjustments like opting for fruit instead of toast, a salad instead of fries, no bun with the burger and sauces on the side go a long way. Don't feel bad about asking servers to make certain adjustments for you.

5) Have A Drink or Dessert But Not Both

A rule I created for myself is I'm allowed to choose one or the other. Of course, you still may want to treat yourself, but both have a lot of added sugar, which isn't good for your body.

6) Make Sure To Get Your Zzz's

One of the biggest things that make us irritable, tired and bloated in the summer can be the lack of a sleep routine. Regardless of what's going on make sure that sleep still stays a main priority if you want to feel and look good. Sleep will also help you keep your fitness goals.

Life happens. There is a balance between being extreme and completely bingeing. It's important for us to still enjoy life and not feel like we need to pick and choose one or the other.

So with summer here, I hope this list will help you with finding the balance you need to still work towards your health and fitness goals while still enjoying life!

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Jennifer Rachael is an [online fitness](#) & mindset coach that takes a holistic approach to teach women how to gain more confidence, clarity and control of their life. She is a certified personal trainer and [group fitness instructor](#) who has worked with many women to transform their lives by starting with their health & fitness. She is the creator of the Strong Mind Sexy Body Blueprint, a 60-day online fitness program that teaches you how to gain physical, mental and [emotional](#) results long term. In Jennifer's spare time she loves hiking, taking a local spin or yoga class and

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enjoying the beautiful Arizona weather compared to her Canadian roots.

