

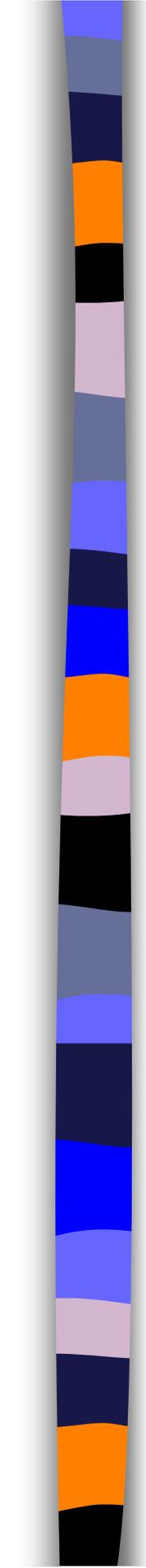
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# Healthy Living 2011 eBook

Yoga and Healthy Living  
on the Road

Our travel Blog: [rVthereyet.ca](http://rVthereyet.ca)

yoga *FLIGHT*: [yogaFLIGHT.com](http://yogaFLIGHT.com)



# Fitness on the Road: Yoga, Exercise, Meditation & Stretching

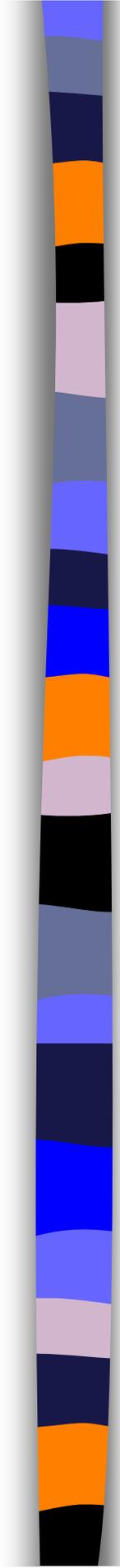
## Tips for Success:

- Creating a physical space that you can consistently come back to for exercise.
- Creating time in your schedule for exercise, which might mean the same time every day.
- Regular practice of yoga & meditation exercises can offer physiological, psychological as well as spiritual benefits.
- My motivation? My iPod where I can catch up on favourite podcasts or audio seminars / classes while exercising. Helps the time to fly by. In addition, I often may learn something new at the same time.
- Favourite Resources:
  - [YogaJournal.com](http://YogaJournal.com)
  - [YogaDownload.com](http://YogaDownload.com)
  - [LivingtheRVDream.com](http://LivingtheRVDream.com)
  - [RVNavigator.com](http://RVNavigator.com)



# Fitness on the Road: Benefits of Yoga

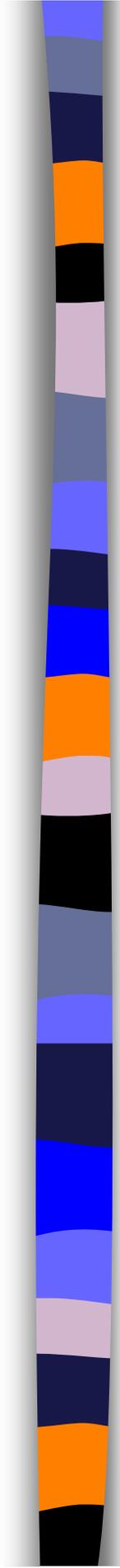
- ❖ Increases physical stamina and enhances body flexibility & balance (**Stand on one leg**. It's a simple way to help improve your balance and reduce your risk of falls.)
- ❖ Strengthens your spinal cord and can provide relief from back aches (yoga*FLIGHT* / inversion therapy is a great example of this!)
- ❖ Improves blood circulation and lymph system drainage (skin brushing; legs up the wall both upon rising and each night before bed is a perfect example)
- ❖ Strengthens your immune system
- ❖ Helps to maintain blood pressure and cholesterol levels in your body
- ❖ Improves concentration
- ❖ Reduces stress and depression by providing mental relaxation (meditation)



# Fitness on the Road

## Gym Free Fitness Ideas:

- Exercise **outside** or even **inside** your Airstream
- Bicycle within your new / existing community. This is an excellent way to save money on fuel while also giving yourself the opportunity to get to know an area and your neighbours
- Sneak in toning exercises (especially when no one's looking if you're shy) without changing your daily routine, such as when you're doing your chores, or with bands / hand weights.
- **Move more!** Examples: doing housework or leg lifts while watching TV, getting up from the computer once an hour, and parking a few blocks away from a destination.
- **Stand more.** Standing burns 50 percent more calories than sitting.
- **Gesture, fidget and laugh,** all of which burn calories (frequent fidgeters and people who gesture with their hands while they talk can burn up 350 calories more a day ~ adding up to 36 pounds of body weight per year; 10 to 15 minutes of true laughter each day can translate to four pounds lost in a year)
- **BEST PART:** No gym fees or expensive equipment required!



## 8 Simple Seated, Stationary or Vehicle Exercises

- After obtaining a physician's approval, I recommend completing this yoga sequence at least once a day for approximately 15 minutes. Begin by sitting on the edge of your seat with feet hip width apart and flat on the ground. Extend the crown of the head toward the ceiling creating an elongated spine. The below yoga poses all begin from this basic starting position.

### 1. Three Part Yogic Breath

Benefits: Calms the nervous system; decreases tension and blood pressure

### 2. Neck & Shoulder Rolls With Closed Eyes

Benefits: Rests the eyes which prevents eye strain; lubricates and stretches the neck joints; relieves tension in the neck, shoulders, and upper back

### 3. Seated Cat and Cow

Benefits: Warms and elongates the spine, relieves back tension

### 4. Chair Twists

Benefits: Whittles the waist by trimming inches; stretches the spine, shoulders and hips; relieves lower back, neck and sciatica pain; aids in digestion; massages internal organs which pushes out toxins and allows the organs to refill with fresh blood.

### 5. Eagle Arms

Benefits: Firms upper arms and stretches the upper back/shoulder muscles

### 6. Seated Child's Pose

Benefits: Rejuvenates the body; stretches the spine; massages the abdominal area

### 7. Ankle and Wrist Rolls

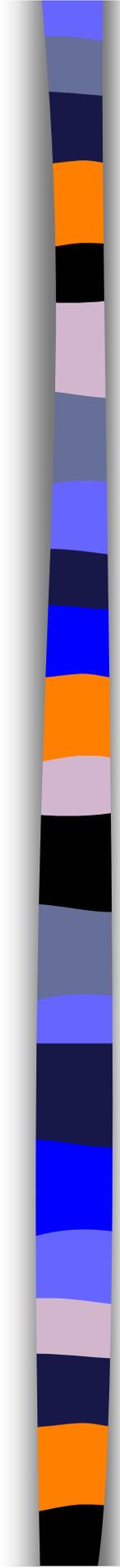
Benefits: Lubricates ankle and wrist joints; promotes blood circulation, eases Carpal Tunnel Syndrome

### 8. Computer Vision eyes

Benefits: If sitting and staring at a computer screen for any length of time, you get eye strain, leading to possibility of headaches and decrease in vision.

### 9. Bonus: Walking Meditation

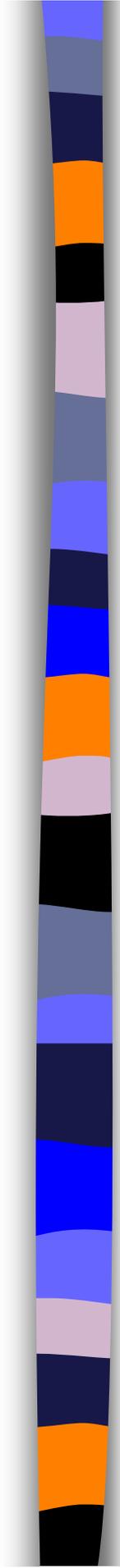
Benefits: Brings mindfulness into the mundane, creates tranquility



# Nutrition & Healthy Living on the Road

## ROAD BLOCKS?

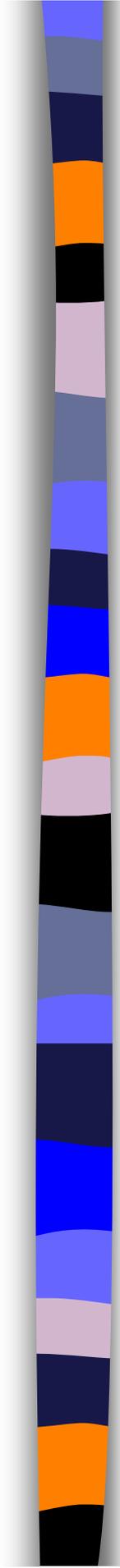
- Long hours of sitting in the car and eating fast food at every rest stop can derail a diet faster than you can say "road trip."
- Riding for a long duration can lead to a serious case of the munchies! Planning in advance is the key to avoiding the pitfalls of long sessions of driving in your RV.
- Healthy eating requires effort, but like anything that is worth maintaining, the rewards of health are monumental, especially with today's health care issues & costs.



# 5 Myths About Healthy Eating

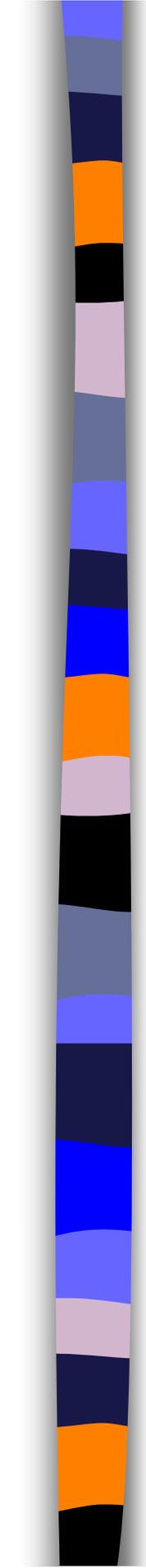
- **Misconception 1:** If you eat healthy, you must be on a diet. The term “diet” is confused with the concept of dieting. Most people equate dieting with deprivation. It IS a proactive lifestyle choice.
- **Misconception 2:** Eating healthy is boring, tastes awful and is never satisfying. It can actually fill you up for longer periods of time than food that is unhealthy. As you eat higher quality foods, your cravings for those that are bad for you and lack nutritional value will diminish.
- **Misconception 3:** There is a secret to weight loss. There is absolutely no secret, no magic pill and no trick to losing weight. You are an individual with individual needs. Even still, those that find that these fad diets work, only do in the short term. Anything that seems too good to be true, often is.
- **Misconception 4:** You need to count calories to be successful. It’s when we eat unhealthy foods that we need to count and track what we ingest because we’re consuming a lot of empty calories that provide very little, if any, nutrition.
- **Misconception 5:** Eating healthy is difficult and complicated. Eating a healthy diet is not rocket science. All you need is a basic, easy-to-implement framework that will demystify the realm of healthy eating and provide simple, common sense rules that are easy to remember and easy to put into action.

Next time you are considering going on a diet...think about the more appealing alternative: A lifestyle that incorporates healthy eating and the long-term benefits. Change your perspective and see the power it has on your overall health and well-being, not to mention, your waistline!



## 3 Simple Truths About Healthy Eating

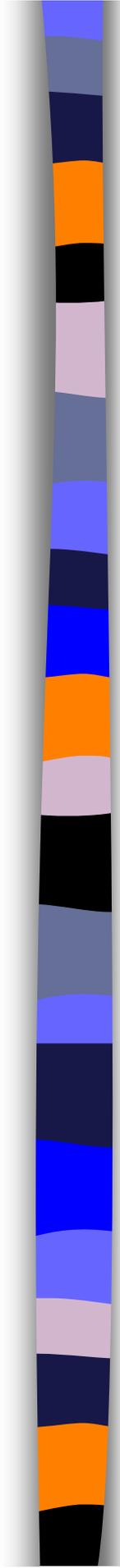
- 1. You are What you Eat:** Food is your body and mind fuel. It is your nourishment. Think about your Airstream and the fuel you use. If you use cheap, crappy gas and oil in the engine, chances are, it won't run so smoothly. However, if you take care of it and fuel it with high quality fuel, it will run more smoothly. Same goes for you. In order for you to look good and feel great, you should eat a well-balanced, nutritious diet. What you put into your body is directly reflected in how you look, how you feel and how much energy you have. So eating right keeps you in good shape and fine tuned.
- 2. It Isn't about a Diet:** If you are already healthy and want to *maintain* a healthy lifestyle, you need to continue to eat right. The idea isn't to cut calories, it is to replace processed and non-nutritional foods with quality food, that provides you with good nutrients and substance.
- 3. Freedom of Choice:** Lastly, healthy eating should be a choice. You shouldn't eat healthy because you *have* to eat healthy, it should be that you *want* to eat healthy. Choosing to eat right is a lifestyle. Personally, I feel so much better when I eat a healthy diet filled with plenty of fruit, vegetables and clean pure water.



# Nutrition & Healthy Living on the Road

## Tips for Success (A balanced diet):

- Before you set forth on your journey, fill a cooler with **Healthy Snacks** like fruit, raw veggies & sandwiches, and then restock your stash along the way with offerings from local grocery stores.
- **Bypass fast food rest stops** and seek out independent cafes and restaurants -- Make time for meals instead of eating snacks constantly. Moderation is the key - avoid *road hypnosis munchies*.
- Try to have at least **6-8 servings** of fruit and vegetables per day (wash with veggie wash / peroxide and vinegar) -- we use the [VITAMIX](#) for our success.
- **Stay away from processed foods.**  
The closer to nature we get with our foods the better.
- **Stay hydrated.** This is important all the time, but drinking enough water is especially important when you spend a lot of time driving, to prevent dehydration.
  - ~ If you get dehydrated, the "signals" of hunger and thirst can get crossed and you may start to feel simply famished even if you're not truly hungry.
  - ~ Save money and the environment by purchasing gallon jugs of water to use to refill your bottles rather than buying individual bottles of water.
  - ~ Skip the alcohol and soft drinks -- both can dehydrate you. Water is always your best bet for staying hydrated and sticking to your diet.
- **Exercise.** Just a small burst of light activity can get your mind off munching.



# SNACKS

(many of which can be purchased at convenience stores, roadside vendors or farmer's markets)

- Fruit, such as bananas, grapes, oranges, apples (apples will store the best without refrigeration)
- Dried Fruit (raisin mini boxes, dried apricots, apples, cranberries, etc)
- Pre-cut and washed Veggies - carrots, celery, baby tomatoes, cucumber, turnip, pepper, cauliflower and broccoli
- Hummus / Yogurt dips
- Sprouts in a sealable plastic bag
- String cheese
- Egg (hard-boiled ahead of time)
- Low-fat or non-fat yogurt cups and drinks
- Single serving orange juice / tomato juice
- Almonds, Mixed Nuts (unsalted preferably) in a freezer bag, about 1-ounce each
- Animal crackers
- Graham crackers
- Trail mix in a sealable plastic bag
- Canned fruit
- Low-sugar Gelatin cups
- Reduced-fat pudding cups
- Baked or reduced-fat potato chips in a sealable plastic bag
- Baked tortilla chips in a sealable plastic bag
- Single serving of Whole-Grain Cereal (low sugar preferably) in a sealable plastic bag (or pre-packaged mini boxes)
- Cereal bar
- Granola bar
- Air-popped Popcorn or low-fat microwave, pre-popped Popcorn in a sealable plastic bag
- Pretzels in a sealable plastic bag
- Soy crisps
- Whole-grain crackers
- Turkey (or any other lean meat, low in salt) sandwiches with low-fat cheese
- Veggie sandwiches in travel-friendly pita-bread pockets



# EWG'S SHOPPER'S GUIDE TO PESTICIDES™

## DIRTY DOZEN™

*Buy These Organic*

- WORST**
- 1 Celery
  - 2 Peaches
  - 3 Strawberries
  - 4 Apples
  - 5 Blueberries
  - 6 Nectarines
  - 7 Bell Peppers
  - 8 Spinach
  - 9 Cherries
  - 10 Kale/Collard Greens
  - 11 Potatoes
  - 12 Grapes (Imported)

## CLEAN 15™

*Lowest in Pesticides*

- BEST**
- 1 Onions
  - 2 Avocado
  - 3 Sweet Corn
  - 4 Pineapple
  - 5 Mangos
  - 6 Sweet Peas
  - 7 Asparagus
  - 8 Kiwi
  - 9 Cabbage
  - 10 Eggplant
  - 11 Cantaloupe
  - 12 Watermelon
  - 13 Grapefruit
  - 14 Sweet Potato
  - 15 Honeydew Melon



ENVIRONMENTAL WORKING GROUP

[www.foodnews.org](http://www.foodnews.org)

# Healthy Eating: Guide to Pesticides (foodnews.org).

## The Full List: 49 Fruits and Veggies

Rank	Fruit or Veggie
1.	<b>(Best - Lowest in Pesticides)</b> Onions
2.	Avocado
3.	Sweet Corn <i>(Frozen)</i>
4.	Pineapples
5.	Mango <i>(Subtropical and Tropical)</i>
6.	Sweet Peas <i>(Frozen)</i>
7.	Asparagus
8.	Kiwi Fruit <i>(Subtropical and Tropical)</i>
9.	Cabbage
10.	Eggplant
11.	Cantaloupe <i>(Domestic)</i>
12.	Watermelon
13.	Grapefruit
14.	Sweet Potatoes
15.	Honeydew Melon
16.	Plums <i>(Domestic)</i>
17.	Cranberries
18.	Winter Squash
19.	Broccoli
20.	Bananas
21.	Tomatoes
22.	Cauliflower
23.	Cucumbers <i>(Domestic)</i>
24.	Cantaloupe <i>(Imported)</i>
25.	Grapes <i>(Domestic)</i>
26.	Oranges
27.	Red Raspberries
28.	Hot Peppers
29.	Green Beans <i>(Imported)</i>
30.	Cucumbers <i>(Imported)</i>
31.	Summer Squash
32.	Plums <i>(Imported)</i>
33.	Pears
34.	Green Beans <i>(Domestic)</i>
35.	Carrots
36.	Blueberries <i>(Imported)</i>
37.	Lettuce
38.	Grapes <i>(Imported)</i>
39.	Potatoes
40.	Kale / Collard Greens
41.	Cherries
42.	Spinach
43.	Sweet Bell Peppers
44.	Nectarines
45.	Blueberries <i>(Domestic)</i>
46.	Apples
47.	Strawberries
48.	Peaches
49.	<b>(Worst - Buy these Organic)</b> Celery

## Why Should You Care About Pesticides?

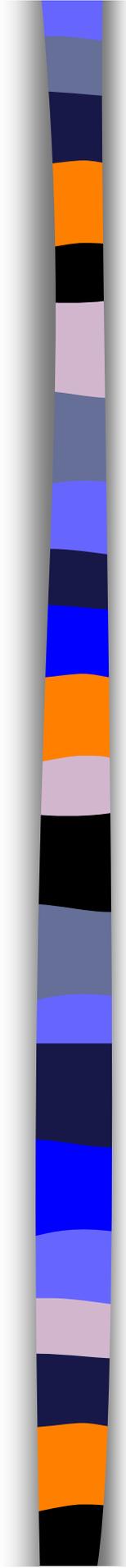
pesticides and other chemicals can cause lasting damage to human health, especially during fetal development and early childhood. Scientists now know enough about the long-term consequences of ingesting these powerful chemicals to advise that we minimize our consumption of pesticides.

## What's the Difference?

EWG research has found that people who eat five fruits and vegetables a day from the Dirty Dozen list consume an average of 10 pesticides a day. Those who eat from the 15 least contaminated conventionally-grown fruits and vegetables ingest fewer than 2 pesticides daily. The Guide helps consumers make informed choices to lower their dietary pesticide load.

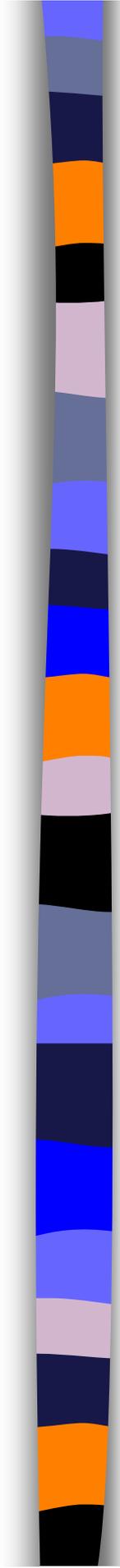
## Will Washing and Peeling Help?

The data used to create these lists is based on produce tested as it is typically eaten (meaning washed, rinsed or peeled, depending on the type of produce). Rinsing reduces but does not eliminate pesticides. Peeling helps, but valuable nutrients often go down the drain with the skin. The best approach: eat a varied diet, rinse all produce and buy organic when possible.



# Mental Health

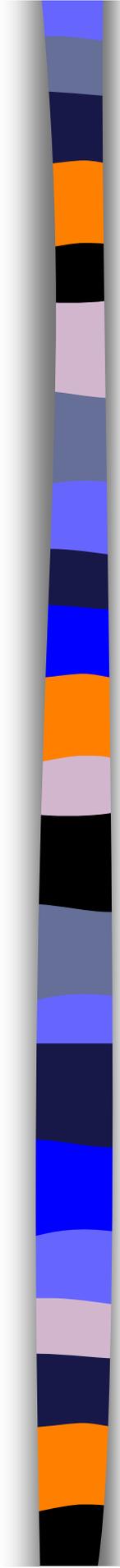
- Exercise your brain (Sudoku, crossword puzzles, juggling, poi, etc)
- Focused breathing
- Read book or newspaper
- Learn a new language / skill / musical instrument
- Find a way to smile each and every day which can only improve your happiness
- Daily thoughts of gratitude
- Keeping more relaxed and centered while you're away from home
- Body, mind & spirit (yoga, nature, religion, music, art)
- Get plenty of good quality **sleep**
- Aromatherapy - certain smells stimulate our olfactory senses which helps to encourage healthy moods and states of mind. Aromatherapy is NOT chemically based. Read and know your labels.



# Aromatherapy

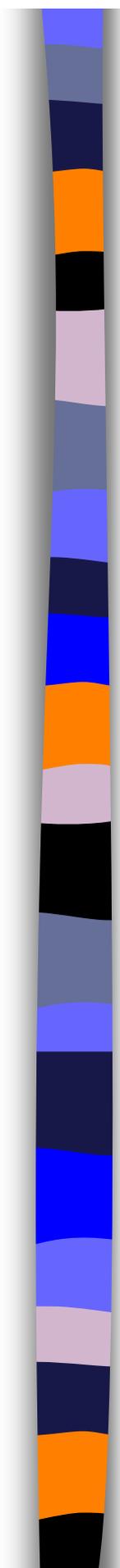
## Essential oils for life on the road:

- Basil: mental stimulant
- Bergamot: calming, antianxiety
- Black Pepper: stimulant, euphoric
- Chamomile: calming, relaxing
- Clary Sage: euphoric, relaxant, neurotonic
- Coriander: sedative
- Frankincense: antidepressant, calming, tonic
- Geranium: relaxant, tonic, balancing
- Ginger: stimulating digestive
- Grapefruit: calming, uplifting, antidepressant, cooling
- Lavender: sedative, tonic
- Lemongrass: sedative, tonic
- Neroli: antidepressant, neurotonic, calmative, sedative
- Orange: antidepressant, calming, digestive
- Peppermint: mental stimulant, calmative, cooling
- Rose: neurotonic, euphoric, antidepressant
- Rosemary: mental stimulant
- Patchouli: sedative, antidepressant, rejuvenating
- Rosewood: sedative, tonic
- Sandalwood: euphoric, sedative
- Spearmint: calming, tonic
- Spruce: adrenal stimulant, tonic
- Tangerine: relaxing, soothing, calming, uplifting
- Vetivert: grounding
- YlangYlang: euphoric, neurotonic, sedative, balancing



# Ten Keys to Healthy Living

1. **Create a balance in your life** -- healthy relationships, a satisfying career, and regular physical activity all affect the food choices you make. Breathe, stretch, love, smile.
2. **Remember that moderation and portion size are important** -- the rule is that if you eat healthy 90 percent of the time, the other 10 percent of the time you can eat whatever you feel like eating.
3. **Drink water** -- our body is 75 percent water, so make sure you keep it replenished.
4. **Eat a variety of fruits and vegetables** (especially green leafy vegetables) and whole-grain carbohydrates such as brown rice, bulgur, quinoa, and millet each day.
5. Opt for **lean meat or poultry** and **fat-free or low-fat milk products**.
6. Select **foods low in saturated and trans fats** (hydrogenated oils).
7. Keep your **total fat intake between 20 to 35 percent of calories**, with most fats coming from polyunsaturated and monounsaturated sources such as vegetable oils, avocados, nuts, seeds, and fish.
8. **Refrain from adding more than one teaspoon of salt per day** to your cooking.
9. Get in the habit of **reading the labels of packaged foods** -- knowing the ingredients and calories a product contains will help you make more informed decisions about what you buy and eat.
10. **Eat less sugar and processed food**, and aim for a diet high in freshly cooked whole foods.



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Email: [skyandslade@yogaflight.com](mailto:skyandslade@yogaflight.com)