



HEALTHY LIFESTYLE

HOW TO FIND BALANCE ON HOLIDAY

We look forward to our holiday as a time to relax and unwind; a much-needed break from the stresses of our daily lives. Yet for many, this period can cause more than a little anxiety.

If you find it more stressful to be on holiday than actually at the office, or you struggle to hit the pause button on your exercise routine for much-needed rest, here are some tips to help you find balance on holiday.

1. Don't be hard on yourself

You probably won't be able to exercise the way you typically would; or answer business emails, or even stick precisely to your diet.

It's important to give yourself some leeway. You should not feel guilty about taking a holiday, so, be kind to yourself.

2. Move your body

Sometimes it's great to hit snooze on your exercise routine; but that doesn't mean we should swap the elliptical for the couch.

Staying active can be a source of fun and making memories – the stuff all great holidays are made of.

Plus, it's a great way to switch off from daily worries, relax, unwind and have some fun.

Go for walks in nature, play Frisbee with your friends or family or try a game of garden cricket.

3. Everything in moderation

The fear of completely derailing your diet is a big stress for many during the holiday period.

Give yourself permission to indulge. The best approach is to eat a healthy diet: plenty of fresh fruit and vegetables, lean proteins, and wholegrain carbohydrates, with the occasional treat thrown in.

Your holiday shouldn't cause you any stress. It is a time to relax and enjoy some much-needed time off from your busy life. With our tips and advice, you'll be well on your way to having a fun, healthy and restful holiday.