



ARBONNE

30 DAYS TO
HEALTHY
LIVING

Travel Guide!

MINDSET WINS!

- Avoid thinking you have to indulge just because you are on vacation or in a new place. Your mindset is crucial for success when traveling on this program. Remind yourself WHY you are doing this program, what it can mean for your health, and focus on LONG-TERM SUCCESS instead of instant gratification.
- Focus more on enjoying your trip with the people you are surrounded by and less on what you are eating.
- Plan other ways to have fun and experience your new location that doesn't involve eating:
 - Go for a bike ride
 - Watch the sunset
 - See a show
 - Play a game
 - Walk the property
 - Swim in a pool/ocean
 - Go sightseeing
 - ...the list goes on!!
- Enjoy yourself! Practice mindfulness and soak up the present moment. Consider meditation, breath work, affirmations, or journaling to focus your mind on the present moment. You're doing great!!
- Set some realistic goals for yourself. Write them down, snap a photo, and set that photo as your phone background for visual reminders of your WHY.

TIPS FOR TRAVELING

Complying with the 30 Days to Healthy Living program IS possible! Here are some tips to keep you on track:

- Look for a hotel with a kitchenette (or at minimum, a mini fridge and/or microwave)
- Scout out grocery stores near your hotel or consider placing an order on Instacart to snag some fresh fruits/veggies, snacks, or meals
- Bring a reusable water bottle with you (along with your Fizz or Hydration Support) to stay hydrated!
- Pack non-perishable food items with you
 - Arbonne individual protein packs (or make your protein on-the-go with Ziploc bags)
 - Nuts or seeds
 - Single nut butter packets
 - Fresh or dried apples or oranges
 - Arbonne FeelFit protein bars
 - Nitrate-free beef jerky
 - Gluten-free crackers
- Pack perishable items in a cooler bag and use it as a carry-on. Items like shredded chicken, quinoa, boiled eggs, deli meat, veggies with hummus, or pre-cooked meals. Solid food (no liquids) can be taken through airport security as a carry-on.
- Just say "no" to free food at meetings and conferences or bring your own. Just because it's free doesn't mean you have to eat it. It is possibly packed with carbs and sugar with very few essential nutrients.

TIPS FOR EATING OUT

- Try to pick a restaurant that has gluten-free and dairy-free options
- Look at the menu ahead of time - if you are triggered by certain foods and feel a lack of control, commit to your meal **AHEAD OF TIME** so you aren't as tempted to order something that conflicts with your program
- Request a dietary restrictions menu upon arrival, if one is available
- Think beyond the menu and see what you can mix and match to create a balanced plate
- Keep it simple - focus your meal on 1/2 veggies, 1/4 lean protein, 1/4 healthy carb (example: grilled chicken + a salad or steamed veggies + brown rice or sweet potato)
- The most important items to avoid while eating out are gluten/dairy/soy/sugar as those items have the greatest effect on our health and take the longest to detox from our system. Don't stress if there is a little vinegar in a sauce/dressing
- Make your water more interesting by asking for mint, berries, lime, lemon, or cucumber to add to it. You can also consider sparkling water
- Inform your server that you have dietary restrictions and ask for their help in making suggestions
- Make sure the people you are eating with understand the goals of what you are doing and focus on the **COMPANY** you are with and not solely on what you are eating

ARBONNE TRAVEL ESSENTIALS

Skincare



Glow-on-the-Go!



For that "8 hours of restful sleep" look!



Protect yourself from the sun!



Great for days when you had a little too much sun or need to calm down bug bites!



Get that summer glow without the harmful UV!



ARBONNE TRAVEL ESSENTIALS

Nutrition



Green Gut Glow
On-The-Go!



Energy when
you need it!



Hydration and
electrolytes (often
low when traveling)!



Individual servings of
protein for a nutritious
meal anytime, anywhere!



Quick and easy
protein snacks to
keep you full!



Single-serve
antioxidant shots to
support your immune
system!



Travel Accessories

