



STAYING FIT(ish) ON THE ROAD



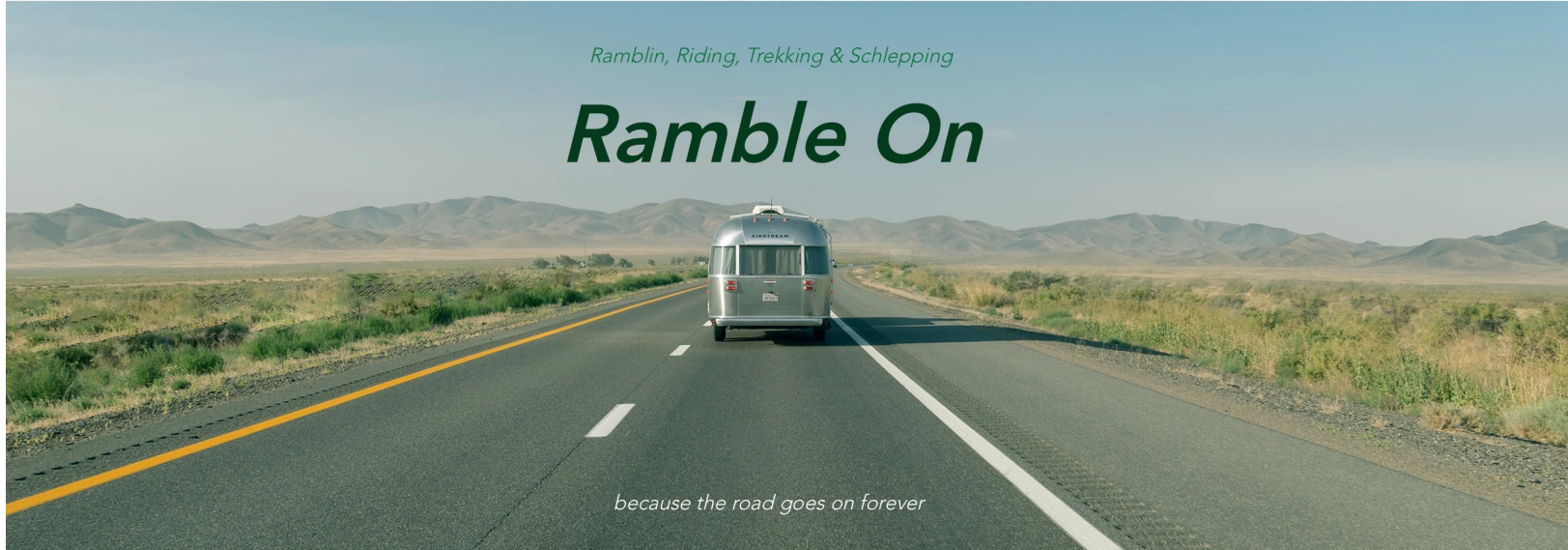
WHO ARE WE?

- Not fitness gurus
- Not cross fit junkies
- Not diet book authors

Just fellow travelers...

Ramblin, Riding, Trekking & Schlepping

Ramble On



because the road goes on forever

Welcome to *Ramble On*, the travel site for adventurers, wanderers, vagabonds,
(and the odd escaped felon).



- Tom & Lori Piper
- Over 60,000 miles & 600 nights in *Stanley*

AGENDA



The Energy Equation



Calories In



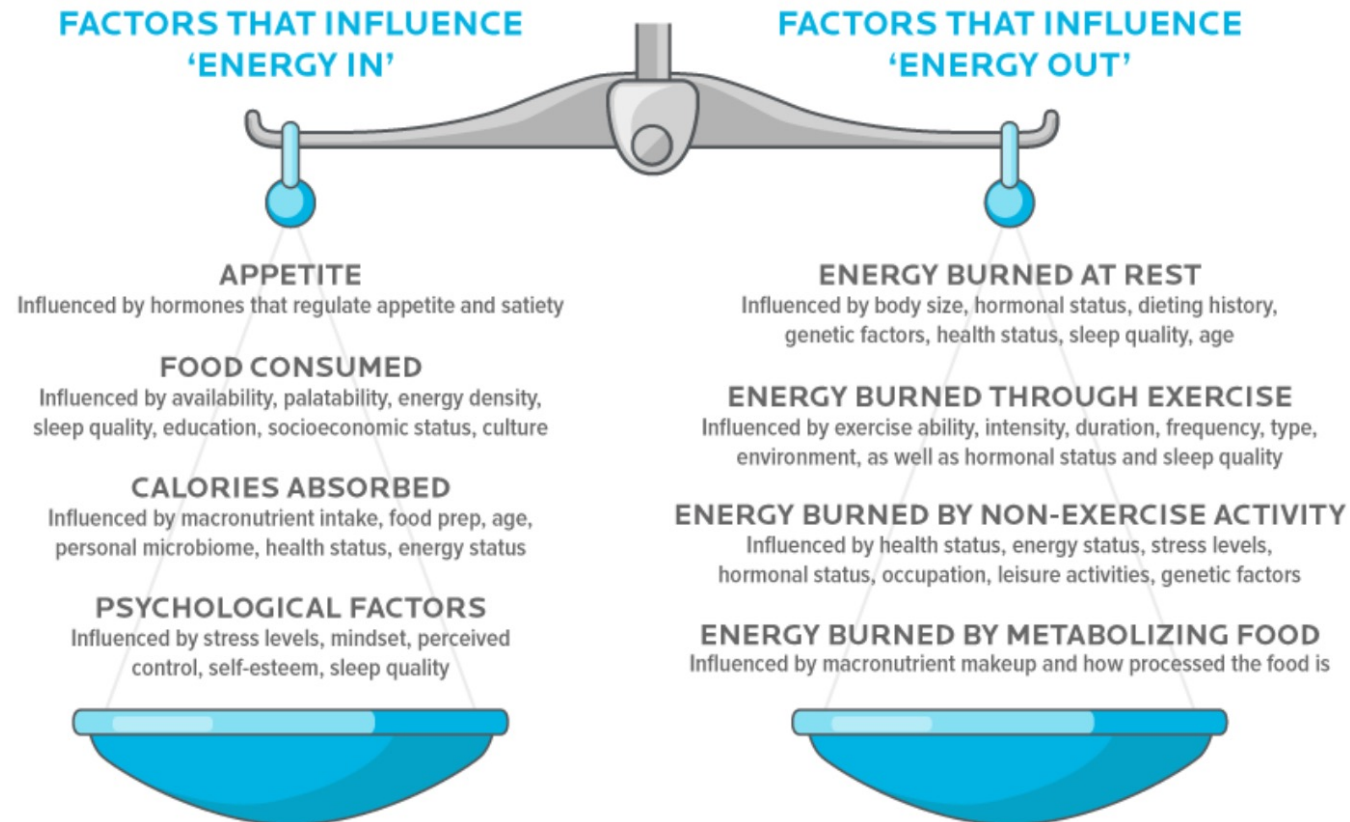
Calories Out



Conclusion

THE ENERGY BALANCE EQUATION

ENERGY BALANCE



CALORIES IN





IN CAMP

IN CAMP

- It's not a “camping trip.” It's an adventure.
- Buy groceries and make your meals.
- Limit eating out to a couple times a week or special places/events.
- Learn to make creative, fast, healthy meals.



Grilled cheese on spinach bed with
grilled veggies & fruit



Breakfast burrito with grilled
onions & avocado



Grilled tortellini with veggies &
sundried tomatoes



Ramblin Recipes

Much as I love me some BBQ or a mustard slathered dog right off the campfire grate, time on the road means adjusting the nutritional profile somewhat if you want to stay on the road.

The good news, it can still taste very tasty.

Check out some of the meals we have in the rotation.



On The Griddle

IN THE BASKET





ON THE ROAD



TRAVEL DAYS

- Keep them to a half day or less
 - Eat balanced breakfast in camp
 - Bring healthy car snacks
 - Avoid interstates when possible
-

INTERSTATES & HIGHWAYS



Interstate View



Highway View

GAS STOPS



It will try you



and then some

OTHER TIPS

- Don't go to the grocery store hungry
 - Two meals a day?
 - Don't buy processed food
 - Stay hydrated
 - Treat yourself *sometimes*
-



CALORIES OUT



IT'S NOT EXERCISE, IT'S EXPLORING

- Enjoy all of your sightseeing, shopping, and cultural wandering on *foot*.
- Explore your surroundings by using your body, not an engine.



WALKING TOURS

- Do your sightseeing of towns and historical sites on foot.
- Don't Uber if it's less than a mile.
- Make a route. Make stops. Have fun.



Our NYC Sojourn & Finish Line

HIKE

- Ask for the trail map at every campground and park entrance
- Make goals





RUN

- If you are a jogger (or a slogger)
- Frequent stops to enjoy and explore
- Use park benches for pushups or bar dips
- Stretch and do calisthenics
- *Enjoy* it at all costs



RIDE

- If you have bikes great
 - If not, just rent
-

GOLF

- Most public courses are not terribly expensive
- Walk, don't ride



PADDLING

- Unless you are a committed paddler, we don't recommend bringing them on your Airstream
- But you *can* rent at most popular aquatic destinations



FITNESS CLUBS

- Some RVers have memberships to National Chains like Planet Fitness and Crunch
- For those who like classes like Aerobics, Zumba, Les Mills, etc.
- or Showers...





DO *SOMETHING* EVERY DAY

- Something fun like sightseeing, shopping, hiking, biking, or boating.
- On days when that isn't an option, do something simple:
 - Yoga or stretching
 - Walk the campground after dinner
 - Even sex (if someone is available)
 - Anything is better than nothing

PRACTICE GRATITUDE

- Do not view exercise as a chore, obligation, or something to put behind you.
- Consider it the minor miracle that it is. Your body will still allow you to ambulate in any fashion whatsoever!
- Just Do It

grat·i·tude
noun \ˈgrɑdə,t(y)oʊd\

1. the quality of being thankful.
2. readiness to show appreciation for and to return kindness.

JUST DO IT



IN CONCLUSION

- Limit the temptation to eat processed and fast food
- Buy and cook real food
- *Enjoy* your exercise, whatever form it takes
- Do *something* every day
- Don't judge yourself
- Treat yourself sometimes





Questions?

THANK YOU!

We'll see you down the road

WWW.RAMBLEON.ROCKS

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Ramble On Adventure Travel

