

## Fitting News

### Summer Travel Tip



Never get on a plane or take a long road trip without packing nuts, raisins, sliced fruit, edamame or small pieces of cheese. Don't be stuck eating what can be seen from the highway or what is sold in the terminals (although some choices are improving). Pack a small, soft lunch bag before you leave.

### Don't Forget to Relax!



Give meditation a try. Studies have found that mindfulness meditation might reduce anxiety, depression and PAIN! And if it doesn't work, it couldn't hurt to have a few minutes of peace, can it?

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### Do Vacations Change You for Good?

*Did you ever think after your vacation you'd come back a transformed person?*

When my husband and I returned home from our vacation last month, I noticed, other than the obvious feelings of content and relaxation, my clothes felt looser and I felt recharged. No challenge was too big.

A bit grandiose, I know. However, it was short-lived, except I kept the weight off, and refrained from consuming caffeine and sugar. Around the time I had finished three loads of wash, I felt practically back to normal. Time fades. I still felt reinvigorated, but the shift towards normalcy was advancing.

Vacations are supposed to be about creating balance in our lives. Who am I, what is my purpose and why do I do what I do? I don't pretend to have all the answers, but at 61, I have more than I did at 16. I know that a timeout and real rest is healthy for the soul. It is not so important whether you take a trip or not, as long as there is some form of escape.

[On the Lori Michiel Fitness website, click "Blog" on the menu to read the rest of this article.](#)



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