

Eating mindfully can be easy peasy with just a few strategies in place.

# B KINETIC FITNESS

BUILDING A POWERFUL BODY AND LIFE  
ONE REP AT A TIME

Hey there!

I hope you're doing well and enjoying some lovely Spring weather. Or maybe quite a few rainy days, like we are here in Austin (hmmm..... I remember Texas being a lot drier than this — ha!). Regardless, I hope you're able to stay on track with your health and fitness goals, as tough as it can be sometimes.

When life gets super stressful or busy, it can be easy to let them fall by the wayside, particularly with nutrition. As promised, I'm here to help with Part 2 in a 4-part series on staying on track during periods of busy-ness and high stress. During this past whirlwind month moving halfway across the country, I utilized a number of eating strategies to maintain my physique and overall wellbeing. I think they could help you do the same. This one's a bit long, but when it comes to creating a healthy fatloss-friendly lifestyle, you can never have too many strategies.

So why exactly do we tend to say, "eff it" when it comes to eating the nutritious,

minimally processed foods that serve both our physiques and our goals? Why is it so freakin' hard to eat the foods that we know make us feel good, inside and out?

Two reasons why we tend to turn to fast food during times of high stress is because they are usually high-carb/sugar (affecting levels of serotonin and dopamine in the brain – the feel good chemicals) and they take little effort on our part to procure. We don't have to use what little mental energy we have to stress about what to make, figure out if we have all the ingredients at home, and when we don't – crap, better go to the grocery store, and then another hour of prepping and cooking before we finally get to relax and eat before crashing for the night. *I'm exhausted just writing that! :-P*

Another reason is that our willpower is very limited, especially during times of struggle and fatigue. We're likely making tons of decisions and dealing with more than our fair share of frustration. This takes a toll on our mental strength and makes resisting temptation and choosing healthy options that much harder. It's not you simply being weak or sucking at this whole "healthy living" thing, so throw yourself a bone. :-)



So let's be honest. Are you *really* going to be able to make perfect choices day

after day? Or are you more likely to hit the drive-thru more times than you care to admit? No judgment here, because I have done my fair share of ordering food out of a car window. My point is that we need to be aware of our natural proclivities (based on past experience) and plan ahead with solutions so that they are already in place and take no more effort and time than the fast food option.

**Need a meal for two or more?** One of my frequently used strategies is to grab a rotisserie chicken at the grocery store, along with a bag of salad greens, broccoli slaw, cherry tomatoes, and a big bell pepper, and *bam!* You have a quick and healthy meal with leftovers for later. Yes, there is fat in the rotisserie chicken, but if you abstain from eating the skin, you'll be fine. And that fat will help your body absorb the fat-soluble vitamins in the salad. To make the salad even easier to prep and eat, I whip out my OXO [Salad Chopper](#) (highly recommend).



**No time? No problem.** When my clients struggle with having the time and motivation to cook and eat healthy meals, I often suggest what I call "convenience foods" ([click here](#) to download my "Fast & Easy: Meals, Snacks & More" guide). These are foods that are already halfway prepped and ready to eat, such

as the previously mentioned rotisserie chicken.

When you simplify meal prep, you make the road to healthy eating a little less bumpy. This can mean choosing pre-cut veggies and fruit, premade salads, pre-cooked and cut grilled chicken and beef, frozen produce, or even a relatively healthy frozen "meal-in-a-bag" at the grocery store. Remember, we're going for simple, easy, and **better** (even if it's not necessarily the absolute **best** choice). *#progressnotperfection*

**Eating out a lot?** Do some quick recon and identify the best options at various restaurants that you'll most likely have available to you. You can go to the individual restaurant's own website or a website like CalorieKing.com for that info. Be sure to check out my "Eat Out Like a Boss" resource guide [here](#) for tons of quick ideas as well.

During our 14-hour drive from Nashville to Austin, we only stopped when necessary — to eat, to fuel up the cars, or to use the bathroom. Since we had our two cats with us, we wanted to make the trip as short as possible to ease any discomfort and anxiety they were probably experiencing.

This meant that any food we purchased had to be quick to make and able to be eaten while driving. So my usual big ass salads (#BAS) were a no-go. That pretty much left only fast food options, like McDonald's and Wendy's. I made the best decisions I could given those parameters — grilled chicken wraps with a light-ish dressing or sauce. There weren't nearly enough veggies in them, but they fit the bill close enough. I supplemented these meals with protein bars, water, iced tea sweetened with stevia, and apples. My protein bar of choice, Quest Bars, have a large amount of fiber as well as protein, so that helped me feel satiated and my sweet tooth satisfied.

**Plan ahead!** Many of my clients swear by cooking in bulk. By doing all of your meal prep and cooking on one or two days of the week and freezing some meals

for later use, you save valuable time and energy throughout the week. I like to cook a couple pounds of chicken in the crockpot (no need to add any liquid), bake or microwave sweet potatoes, and roast some veggies (like squash, carrots, broccoli, and beets) in bulk. Then all I have to do is switch up the seasoning and other ingredients to have satisfying yet easy meals that take little preparation to throw together (or brain power!).



Another aspect to think about is **supplementation**. Over the past month or so I made a point to stay on track with my supplement routine, especially probiotics, Vitamin D, and fish oil. I will double or triple my usual dosage of the probiotics to help with the digestive issues I typically experience during travel ([click here](#) for more info). Vitamin D is associated with positive effects on cognition, immune function, and bone health. When sunlight is in short supply, our bodies simply can't make enough Vitamin D, so supplementation may be necessary ([more info here](#)). Fish oil benefits both brain function (and possibly mood) and heart health ([learn more here](#)). *Disclaimer: I am a personal trainer, not*

*a licensed medical professional, so be sure to ask your doctor or pharmacist if this is the right thing for you.*

And one last tip....

**Don't forget to hydrate, hydrate, hydrate!** Travel (especially on planes) can be dehydrating, and keeping on top of your water intake can help keep your body functioning as optimally as possible, from energy levels to digestion to cognition. This is often overlooked and brushed off as inconsequential, but it can do a world of good.

And that's it! I know I've thrown a lot of tips and information your way today, so I understand if you are still feeling overwhelmed and experiencing paralysis by analysis.

**The biggest takeaway here is to prioritize lean protein and veggies with each meal and snack.**

Don't stress about trying to maintain your normal "on point" or optimal diet right now. If you are able to do that with minimal added stress, great. If not, let good enough be good enough. And if you normally count macros and calories, that may not be an efficient use of your time and energy right now. Only continue doing so if it doesn't feel tedious or trigger anxiety or stress. By all means, if it feels easy, keep doing it.

You may choose to keep eating the same kind of foods and portions every day so that counting isn't even necessary. This will also keep your digestive system happy and functioning (no new foods to upset it), as well as leave you with more mental energy to deal with the important stuff. This is called "automating your

physique," a term coined by Jill Coleman of JillFit Physiques, which underscores what we're looking to accomplish during challenging times (and ideally everyday).

This doesn't mean going off the rails completely, it just means eating your normal foods when you can and giving yourself grace during the times when you can't. Make it a priority to make *better* choices, even if the absolute *best* choices aren't available.

Just ride out this wave of stress as best you can with just a few of these time-tested strategies and you'll come out on the other side no worse for wear, ready to take on your normal routine and new challenges inside the gym. And I'll be here ready to help and cheer you on!

You can do this!

As always, let me know what you think over on my Facebook page [here](#). I'd love to hear your own travel/stress strategies. Feel free to forward this email to someone you know who is anticipating or is in the midst of a big transition or period of high stress.

Wishing you the strength to cope with whatever life throws at you,

Becky

---

## Meet Becky

My love of fitness runs deep. I've been a personal trainer for the past 7 years and a gym rat and athlete for even longer. Along with my extensive knowledge of physiology and nutrition, I use my practical experience working with women just like you to bridge the gap between education and implementation.



I work closely with clients to find an individualized approach to optimal health and fitness that works for life. I don't prescribe to the train of thought that in order to be healthy and fit you need to spend hours in the gym and kitchen, being a slave to your goals. Your program should complement your lifestyle, preferences, goals, and psychological tendencies. You are unique, so your program should be too.

My passion is helping women find the strength inside and out to live the kind of life they desire, to find joy in movement, and to feel like they can take on the world.

You can connect with me on my website at [bkinetic.com](http://bkinetic.com) or on [Instagram](#), [Twitter](#), and [Facebook](#).