

FIERCE



FIERCE FIT TRAVELER'S TOOLKIT

SUMMER EDITION

WELCOME TO YOUR NEW TRAVEL STYLE

HI, I'M COACH D!

I'm a presenter, mindset shifter, habit change specialist, women's wellness coach, and a lover of the human connection.



My work centers around banding women together as a fierce tribe and transforming perspectives of what is possible so we can fully step into the life that is waiting for us.

Living FIERCE is choosing to start where you are in this moment, creating the path that best fits you, and pushing yourself past where you thought you could go!

From young girls to grandmothers and every age in between, I love teaching you how to tap into that deep inner wisdom we all have, the place where all the answers are, so you have the tools to architect a life you love!

My motto is: "All women. All ages. All stories. All destinations."

I've combined my love of travel and fitness to serve women, like you, who are looking for ways to stay healthy and fit while traveling or entertaining guests.

Use this to guide you throughout the summer & on your next trip. After all, we should be able to eat, explore, have fun, AND stay healthy. Any time. Any where.

YOUR TRAVEL TOOLKIT STARTS NOW!

7 TIPS TO AVOID WEIGHT GAIN ON VACATION

1 STAY HYDRATED:

Pack your water bottle (or two) and always keep it full. When it's full, you'll drink it.

2 PACK WORKOUT CLOTHES FIRST:

Make room for clothes AND shoes so the "I forgot" excuse is out of the window!

3 PLAN PHYSICAL ACTIVITIES:

Biking, surfing, walking, hiking, swimming, & kayaking, are all fun activities and can double as family bonding time!

4 2 FOR 1 - HEALTHY VS. SPLURGE

Eat 2 healthy meals for every 1 splurge meal per day. If you want pancakes and sausage for breakfast, then keep lunch & dinner lighter.

5 PACK HEALTHY SNACKS:

Raw nuts, Rx Bars, Lara Bars, apples, nut butter, tuna packets, baby carrots & raisins. Always keep something on hand just in case you have a stretch of time without a meal.

6 BOOZE LIGHT:

Stick to white wine spritzers, vodka + soda, and bloody marys instead of sugary cocktails and/or heavy beers.

7 VACATION FEELS:

One of the BEST ways to stay mindful of your choices is the desire to feel good & enjoy your vacation! If you're feeling bloated, and lethargic from overindulging, it's difficult to feel relaxed and destress, which is the point of vacation in the first place!

STAY HYDRATED: THE WATER FORMULA

WE KNOW WE SHOULD DRINK WATER ALL OF THE TIME.

Our bodies are mostly water and numerous functions including breathing, digestion, and thinking rely on adequate hydration levels.

But, are we drinking enough?

OUR DAILY GOAL IN THE FIERCE LIFE IS TO DRINK HALF OF OUR BODY WEIGHT IN OUNCES OF WATER.

So, if you weigh 200 lbs, you want to drink 100oz of water daily.

Since we're outdoors more often and the temperatures are higher in the summer, staying hydrated is even more important.

HERE'S A SIMPLE FORMULA TO GET YOUR WATER IN:

10-20 OZ

first thing in the morning

10-16 OZ

before/with breakfast

20 OZ

before/during a workout

16 OZ

after workout

8-10 OZ

before/with lunch

10 OZ

with an afternoon snack

8-10 OZ

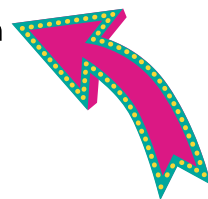
before/during dinner

ADJUST

based on your daily requirement

Not a fan of plain old water?

I got your back! [Here's a link](#) to a collection of herb/fruit infused water recipes to keep your tastebuds happy and your body hydrated all summer long!



FIERCE 5-4-3-2-1 FORMULA FOR SUMMER SUCCESS

Using an easy-to-remember formula, like 5-4-3-2-1, is the BEST way to implement new habits into our daily routines and to stick to them!

So that you know exactly what to do whether you're staying home, jet setting around the globe, or just want to dig deep and go hardcore on your habits!

Your 5-4-3-2-1 can be anything it needs to be for you based on your goals and what your biggest struggles are.

I recommend choosing your numbers for the areas you need the most help staying accountable on.

HERE ARE SOME IDEAS TO CREATE HELP YOURS:

1 THE STAYCATION-ER

This is an ideal option for you if you mostly stay home during the summer months except for a few weekends away and some summer parties

- 5 = 5 days of activity each week
- 4 = 4 days of 10,000 steps or more
- 3 = 3 days OR less of drinking alcohol each week
- 2 = Never 2 days in a row of overindulging in food/drink/parties
- 1 = 1 day of anything you want!

2 THE JET SETTER

This is an ideal option for you if you travel most of the summer or are living in a summer home because it creates a balance between regular days and vacation days.

- 5 = 5 nights of 7+ hours of sleep each week
- 4 = 4 workouts OR more each week
- 3 = 3 days or less of drinking alcohol each week
- 2 = 2 liters or more of pure water each day
- 1 = If it's within a mile, walk, no matter what

3 THE HARDCORE WARRIOR

This is an ideal option for you if you want to make gains over the summer and stick to your guns when it comes to habits & choices whether you travel or not.

- 5 = 5 (and up to 6) days of workouts every week
- 4 = 4 servings of veggies each day
- 3 = 3 liters of pure water each day
- 2 = 2 days or less of alcohol/sweets each week
- 1 = 1 day of anything you want

Want to hear more about the formula? [Click here](#) to watch the video.

SKIN HEAL PROTECT YOUR PEEL

Skin is the largest organ in the human body, and it's up to us to protect it.

[Here is a list](#) of the best natural sunscreens updated for 2022.

Check it out and grab a few before your trip!

1 SUNBLOCK/SUNSCREEN IS GOOD FOR ABOUT 1 YEAR.

After that, it expires and no longer has the same protective properties that it once did.

2 CHECK YOUR SUNBLOCK & SUNSCREEN DATES TODAY

Toss out anything older than a year. No date? Then check the smell of it and see if it separates when you squeeze it out of the tube. An "off" smell and lotion separation are both signs it is time to toss it out.

3 A HAT AND SUNGLASSES

Shield your face and neck from UV rays that could lead to skin cancer and sunspots.

4 DARKER CLOTHING

Helps protect your body better than lighter fabric does.



RESTAURANTS

HOW TO ENJOY A NIGHT OUT

We can have fun, eat out, and stay on track all at the same time!

1 LOOK AT THE MENU BEFORE

Take a look at the menu before you visit the restaurant to narrow down your choices to the healthiest options while still selecting something that sounds yummy.

2 SPLITTING MEALS

Splitting everything from an appetizer, to a side, to an entrée is a good way to enjoy what you want to have and keep portions in control.

3 ASK FOR WATER

When you sit down for dinner, ask for water (with lemon if you like it) first and drink one full glass before you have anything else to eat or drink, including alcohol.

4 NO 'FREE' APPETIZERS:

Many restaurants serve some type of food right away... bread, chips, olives, dips, etc... I recommend avoiding these. However, you may choose to enjoy this and then omit an appetizer and/or edit your sides with your entrée...

5 LIMITING IT TO 2 GLASSES

Alcohol: Do your best to consume alcohol with your entrée only, limiting it to 2 glasses total, and enjoy water or tea during the beginning and end of your meal.

- Create a goal of drinking at least one-half glass of water between alcoholic beverages. Yes, you do take a few more bathroom breaks but it is worth it.
- Choose alcohol OR dessert instead of both

6 SPLIT THE SWEETS

Dessert: Select a small serving and split it.

7 TRY VEGETARIAN DISHES

Try vegetarian dishes at restaurants for dinner once in a while. Typically they are lighter (as long as they aren't pasta) and full of veggies and very flavorful.

HAVE FUN!

Part of the joy of going to a restaurant is trying new foods and splurging a little bit, so embrace it for what it is, then get back to your routine.

WORKOUT FROM ANYWHERE YOUR ON-THE-GO ROUTINE

Use these six workouts to stay fit at home or on the go.

1 20-MIN BODYWEIGHT RESISTANCE



Hit all major muscle groups in this super-quick full-body workout! No equipment needed!

2 30-MIN FULL BODY TABATA



A fast and effective way to combine bodyweight resistance and cardio in 6, 4-Minute Tabata blocks.

3 30-MIN FULL BODY INTERVALS



High-energy intervals deliver a full body workout. Turn up the heat by adding a Mini Body Circle into your routine.

4 30-MIN HIIT CARDIO



Enjoy this 30-minute cardio high intensity interval training routine! Work through 2, 12-minute circuits from anywhere.

5 26-MIN UPPER BODY INTERVALS



From upper-body muscles down to your abs! Increase the intensity, with a chair and/or dumbbells.

6 FEELING FIERCELY GOOD - RECOVERY



A 30-min active recovery workout to balance the work you've done! Grab a foam roller or towel for a deep stretch.

WHAT'S NEXT? LET'S FURTHER YOUR FITNESS!

WANT A GUIDED FITNESS PROGRAM THAT WILL
KEEP YOU FIERCE YEAR-ROUND?

I am here to **EMPOWER** you!

Join a community of **FIERCE** women where you'll be nurtured, inspired, and pushed to reach new health and fitness goals. *We have at-home, online, & in-studio options for you!*

Together we'll create a space to make your FIERCE possible. Being a part of the FIERCE community means embracing your unique journey on the path to becoming the BEST version of you, inside and out.

You'll also have access to our private Facebook group, **The FIERCE Connection!** It's a place where women come together at share & learn and give each other permission to prioritize ourselves so we live fully and fiercely.

Learn to shift your mindset and habits to make health and fitness choices that serve A BETTER YOU!

Let's do this! It is time dive in and stop starting over!

**CLICK HERE TO LEARN MORE
ABOUT FIERCE ON DEMAND!**

