THE FLEURISH LETTER

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Vacation and Dieting

Archive edition. Lightly revised from the original issue to meet current content standards.



As the holidays approach, many of us may be traveling. For those that struggle with weight gain, it can be a stressful time. The best way to avoid unnecessary weight gain is to maintain a log for accountability. A visible account of total intake ironically allows for more freedom. Avoid unnecessary calories by limiting alcoholic beverages, sweets and sugary drinks from coffee houses.

1. 3.4 oz

Liquids, gels or aerosols must be less than 3.4 oz to pack in a carry on.

2. Drinking

Go easy on alcohol on long flights.

3. 8 oz

Drink water regularly on long flights, about 8 oz (one cup) every hour.

Online Registration

Please feel free to share our link!

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