



"Road-Trip Guide"  
The Acadami Fitness, 2020

# THIS GAME IS MENTAL!

1. DRINK YOUR WATER
2. GET YOUR SLEEP
3. TAKE YOUR OPTIGREENS50 WITH YOU AND USE THEM!
4. Every time you stop for gas: pound a bottle of water and take a brisk walk, stretch well
5. A lacrosse ball to self-massage on the road is great
6. Use a travel pillow and/or pillows to make sure your back and neck have good posture through the drive
  - a. Remove any wallet/keys/anything from your back pocket(s)
7. Prep as much food as possible and carry it in a cooler; same with water
8. Utilize your supplementation like Level 1 shakes/bars to try to still hit your goals
9. Avoid drive-thrus or if you have to, use our fast food guide to make healthier choices
10. Keep an eye on your caffeine intake, be aware of when it gets too high

“Better” Choice Snacks  
(you can get at a gas station)

- LOTS of WATER

(You can add Essential Amino Acids for the benefits, a smidge of caffeine, and flavor)

- Remember to eat smaller portions, more frequently, so you don't push yourself into feeling famished and reaching for sugars
  - Stick to black coffee or have a shaker with you  
(shake up some Level 1 coffee)
- Fruit! Most gas stations have some bananas/apples available
  - Almonds for snacking
- Prep by buying some Quest Protein chips/bars/cookies for snacking
  - 100 calorie snack packs of things
  - Sugar-free gum to keep your mouth busy
  - **Beef jerky!** (high protein, low calories)
- **Nuts!** (beware of sunflower seeds – lots of calories, don't do it ☹ )
  - You can do salads but try to get them with meat on them like chicken or fish; tuna salad is decent; look for whole wheat breads; protein boxes; veggie tray snacks, etc...
- Chicken sandwiches/hot dogs aren't crazy terrible, but the buns are high in carbs so be aware of what else you're eating that day! Don't do the nachos, Bro, or the donuts/candy bars. Just don't.

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!! Remember, just because you are on the move does not mean you have to throw all of your hard work away.

You can do body weight workouts anywhere.  
As you're pumping gas, do some calf raises.  
As someone else is pumping gas, walk around.

- If you absolutely are going to do an energy drink, check out the nutrition facts. Reign is at the top of the list right now or Bang, Monster zero is also good. Redbull is a ton of calories (even the Sugar Free) for very little caffeine. You SHOULD mix up your own before taking off, my favorite blend:  
16-30 oz water; 0.5 - 1 scoop Project 1 or  
1 - 2 scoops Megawatt; 1-2 scoops of  
Essential Amino Acids – **SIP** over a couple  
hours.

Remember that protein is going to be the hardest thing to hit, so help yourself as much as possible with Phormula 1/Level 1.