

# RULES OF THE ROAD

TIPS AND TRICKS SO YOU CAN  
NAVIGATE YOUR WAY ROUND THE  
NUTRITIONAL ROAD BLOCKS YOU'LL  
COME ACROSS

**Paul Stokes**

Personal Trainer  
Accredited Sports Nutritionist  
Group Fitness Instructor  
Massage Therapist  
Offshore Wellness Coach

## RULES OF THE ROAD:

“If you're really in a hurry, or just reluctant to leave the main roads, settling for a service station may still be your best option.”

### **Leave prepared**

Take plenty of healthy snacks in the car and adequate fluid too. Snacks should be easy to consume without distracting your attention from the road or hands from the wheel

### **Unwrap snacks**

If you're travelling alone, unwrap any snacks (e.g. cereal bars, sandwiches, etc.) and place them in an easily accessible container by your side. Cut all snacks and fruit into bite-sized pieces, peel bananas, etc. Use sports drink bottles for fluids - don't risk fiddling around with bottle caps or try and drink from 2L bottles!

### **Low GI**

Choose slow-releasing energy snacks, like wholemeal bread sandwiches, fruits such as apples and pears, nuts and seeds and sugar-free cereal bars. Stay away from sugary snacks. They're not only full of calories, but they'll also tend to give you a lift followed by an energy dip 30 to 60 minutes later.

### **Variety**

Take a wide variety of little snacks to help stave off boredom rather than lots of just one type of snack



# RECOMMENDATION:

## EAT LITTLE AND OFTEN

Help keep blood sugar nice and steady and avoid energy dips.

### **Drink plenty of fluid**

Even mild dehydration can leave you feeling tired and reduce concentration. Yes, you may have to take an extra pee-stop, but you'll be a safer, more effective driver.

### **Breakfast**

Before setting off, always have a decent breakfast. This will help sustain concentration levels and prevent food cravings when you do get hungry. Don't skip breakfast and then 'eat on the road' - for optimum brain function you need to raise blood sugar levels before you set off. The chances are, if you delay breakfast, you'll end up reaching for the sweet and fattening treats.

### **Use caffeine sensibly**

Caffeine (in coffee, tea and cola drinks) is a stimulant and can be very effective at giving you a mental boost. But it's better to hold back and only use it when you really need to.

### **Proper breaks**

For longer journeys (over 4 hours) take a proper break out of the car. Regardless of how well nutritionally-prepared you are. You'll benefit from some fresh air and a stretch of your legs and back.

# A B O U T M E



## *my story*

I thrive on engaging people and seeing the results they achieve through their hard work. I love seeing the progress people make from complete beginner to well-conditioned, competent exercisers who now include fitness as part of their everyday lives.

I hope one day I might get to help you in your own fitness journey.



## *my mission & vision*

To challenge misconceptions and clear up misunderstandings that exist out there.

Enabling normal, hard-working people to reach their full potential so that they can lead confident, healthy lives.



*read the blog at*

**PAULSTOKES.COM.AU**