

Don't Escape. Rejuvenate!

RETURN FROM VACATION FEELING BETTER—THAT'S RIGHT, *BETTER*—THAN WHEN YOU LEFT!

Ever hear the one about the guy who planned a dream vacation to get away from it all, overindulged like crazy instead, and ended up having such a bad time he wished he'd never even left the house?

Jason Clagg, a 34-year-old married father of two in Proctorville, OH, who works for the U.S. Postal Service and goes to night school part-time, fell into that trap when he went on vacation by himself this spring in Virginia Beach. His plan was to meditate, get in touch with himself, and (especially) watch his diet, but his good intentions went awry the minute he hit the beach.

"I suddenly met all these great people and ended up drinking way past my limit," says Clagg, who rarely drinks at home. "Then I fell asleep and got a really bad sunburn. Because of that, I spent a lot of the rest of the vacation indoors, escaping with cable TV and eating entirely too much. By the end of the week, I had gained at least five pounds and came home feeling bloated, guilty, disappointed, and exhausted—the exact opposite of what I'd hoped."

Unfortunately, Jason's vacation saga is as common as bees

around a honey jar. How do you avoid this kind of negative behavior and experience a truly rejuvenating vacation?

According to Dr. Frank Lawlis, Dr. Phil's longtime friend and mentor, the first step is to understand that rejuvenation requires mental and physical restoration and a break from the daily routine. "To really rejuvenate," says Lawlis, "you need a new reality, different circumstances that will allow you a reprieve from the ongoing stresses of life."

Create a New Adventure

Miguel Pereira, a New York City-based actor, knew he needed to remove the temptations of big-city life in order to rejuvenate, so he went to Kripalu, a health-oriented retreat in Massachusetts. "It has no television or telephones, and it serves only vegetarian food," he says. "I also preplanned a lot of spa treatments. I came back rested, four pounds lighter, and ready to take the city by storm."

Learning new things and exploring special interests are also parts of the rejuvenation process, which is why traveling to new places or spending a week at a dude ranch or white-water rafting appeals to

some people. "It's freeing, that's the main point here," says Lawlis. "Do whatever frees you from the things that weaken you and sap your energy. You want to create a new adventure, a new you."

Some Dos and Don'ts

Before you hop the Freedom Train, however, consider the following as you plan your vacation: Don't buy into the glossy brochures that promise a sexy utopia from life's problems; define that Promised Land yourself. Do schedule plenty of your favorite exercise and relaxation routines—such as hiking, swimming, and massage—because that newfound strength will also help you withstand stress when you return home. Don't book an all-inclusive cruise and expect to lose weight—unless you make a sensible eating and fitness plan ahead of time and stick to it.

If your drink has an umbrella in it, fold it up and move on. —Dr. Phil

Jason already knows the disastrous result of falling off the nutrition wagon. To avoid overeating, J.J. Virgin, the nutritionist for Dr. Phil's Ultimate Weight Loss Challenge, suggests applying the "three-bite rule" when temptation strikes. "If you see something that is a more decadent choice, take a three-bite portion of it so you can enjoy it guilt-free."

Virgin also suggests carrying healthy snacks like nuts or apples during the day and keeping a food journal to keep your nutrition goals on track. Skip the midnight buffets altogether. As Dr. Phil says, if your drink has an umbrella in it, fold it up and move on. One piña colada can set you back 600 calories, increase your appetite, and decrease your willpower—a devastating combination.

BY BRIAN SCOTT LIPTON

Rejuvenation Is Up to You

Prebooking a spa treatment for shortly after your arrival, utilizing the hotel health club, sitting in the Jacuzzi, or even lounging poolside with a good book can keep your rejuvenation plan on track. "The first and most important aspect of relaxing is relaxing your body," says Dr. Foojan Zeine, a therapist who has studied Dr. Phil's approach. "The mind will follow." Make sure you get at least eight hours of sleep most nights, which means avoiding late-night partying followed by a 6 a.m. sightseeing tour. Take along soothing aromatherapy oils to provide a calming effect and even aid sleep while traveling.

Rejuvenation certainly doesn't have to be elaborate or expensive, however. Spending an afternoon at the movies, taking a painting class, getting a facial, or exploring meaningful special interests can serve as mini-vacations and also result in rejuvenation, according to Lawlis.

Ultimately, your rejuvenation is up to only one person—you. "I learned one of Dr. Phil's Life Laws firsthand: that you do create your own experience," says Jason. "Unfortunately, mine wasn't a pleasurable one. I will definitely do things differently next time." ■

THE ANYWHERE WORKOUT



Being on vacation is no excuse to skip daily exercise. You'll feel great—and thank yourself all day—after this full-body workout from Robert Reames, Dr. Phil's personal trainer.

UPPER BODY



WALL PUSH-UP

(works chest, shoulders, triceps, and core)

Stand tall, arms extended fully with hands placed firmly against a wall. To find the proper push-up position, place your feet about 12 inches from the wall, heels slightly off the ground. To avoid wavering, draw your navel to your spine, keeping your body in a straight line. Then simply bend your elbows to no more than 90 degrees and return to opening position (do not lock elbows).

Two sets of 15 to 20 repetitions. Breathe, exhaling on forward motion.

LOWER BODY



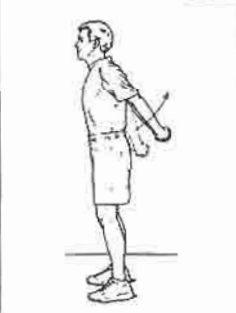
CHAIR SQUAT

(works the entire lower body)

Stand tall directly in front of a chair with feet firmly planted a bit more than shoulder-width apart, arms folded. Facing straight ahead, bend your knees with a smooth, controlled motion (do not bounce) to no more than 90 degrees, and return to starting position (do not lock knees). You may or may not touch the chair at full bend, depending on your leg length.

Two sets of 15 to 20 repetitions. Breathe, exhaling on the downward motion.

RELAX/REJUVENATE



STANDING CHEST STRETCH

(stretches the chest, shoulders, triceps, and abs)

Stand tall with feet slightly more than shoulder-width apart and arms directly at your sides with palms facing out. Clasp your hands behind you, bringing your chest out and your shoulders back (drawing navel to spine). Keep knees slightly bent. Breathe deeply into the stretch.

Hold stretch for 15 to 20 seconds. Complete two sets.



STANDING REACH AND BREATHE

(full-body stretch)

Start in the chest-stretch position. Slowly inhale as you reach your arms up and above your head. Hold for two seconds, then exhale and return to the starting position. Perform in 15 to 20 seconds. Complete two sets.