**Tips and Tricks for Staying Healthy At Convention**

Join The fitness Center! $10 for the day $15 for the stay!

Cary a water bottle! Staying well hydrated is an important part of being healthy! Do not just drink one bottle, refill, refill, refill!

Take the stairs. Taking the stairs not only helps you get in your exercise for the day, it can also help to avoid some of the hustle and bustle of the elevator bays.

Use your hand sanitizer. Keeping your hands clean will help to prevent those pesky little colds that tend to go around during convention. Spend the 97 cents and come prepared with hand sanitizer.

Go to the grocery store and stock your room with healthy snacks and easy meals. If you go to the store and pick up breakfast and lunch supplies you can make sure you have healthy food to eat and save some yourself from super expensive hotel food. Here are some local grocery options!

Grocery Delivery

Orlando Grocery Express

<https://www.orlandogroceryexpress.com>

$14 delivery fee $40 minumum order

$200 order free delivery (think about combining orders with a friend)

Garden Grocer

<https://www.gardengrocer.com>

$40 minimum order

$2 for orders over $200 (think about combining orders with a friend)

Grocery Stores Near By

Whole Foods Market

8003 Turkey Lake Rd.

Orlando, FL 32819

Publix Supermarket

7640 W. Sand Lake Rd.

Orlando, FL 32819

Wal-Mart Super Center

8990 Turkey Lake Rd.

Orlando FL 32819

When dining out get water, club soda, or unsweetened tea instead of a sugary sod or alcohol. Choosing water will is not only healthier, but it will also save you a few bucks on your meal.

Share with a friend. Feel free to split an entrée with your friend. They are often too much for one person.

There is no rule that says you have to sit during General Sessions or any other meeting. Feel free to stand up and move around.. You will likely meet some CO folks in the back of the room doing the same thing.

Don’t just use the pool for a place to get a tan. Get in, swim around, tread water and move.

When dining out make a healthier choice. The NFB of Colorado has a list of the healthier options offered by the hotel restaurants.

Stay away from deserts and all the extras like appetizers. Choose one item to eat will save you money and help cut back the calories.

Use your room to slip in a quick lunchtime workout. If you need some workout or exercise ideas you can buy an NFBCO Sports and Rec thumb drive.

Get out of the hotel and take a walk to a nearby restaurant for a meal. It is nice to get out of the hotel and walking is good for you!

Sleep is a very important part of good health. Get a good night’s rest.

Move for at least one minute every hour. You can set a timer on your phone to remind you to get up and move.

Guide dog users! Take your do for a long walk every day. Instead of just stopping at the relief area go a bit further. This is a great time for you and your four legged partner to get some exercise. If you don’t have a dog walk your roommate!

Be sure to eat three meals per day so that you do not binge eat during one meal. Even if you just grab a granola bar in the morning and something small at lunch, eating portioned meals will help you maintain better health.

Take advantage of the great activities offered by the NFB Sports and Recreation Division!

Dance the night away with salsa night and the 40’s style ball. This is a great way to support our divisions and get in some exercise!

While you are standing for the umbrella mosaic and other convention activities stand on one foot for 1 minute. This is the equivalent in muscular strength building of walking for 40 minutes.

Eating Healthy is not just for the 2 legged convention attendees. The NFB of Colorado Guide Dog Users Division is selling healthy treats!