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**FOR IMMEDIATE RELEASE**

**STAY FIT AND ON TRACK WITH YOUR DIET WHILE TRAVELING FOR YOUR  
MEETING IN MONTEREY COUNTY IN 2018**  
*Eat Fresh, Drink Local Wines and Get Moving!*

**MONTEREY, Calif., January 3, 2018** – With a new year comes those New Year’s resolutions. But let’s face it, traveling for work, attending business meetings and bouncing around conference sessions can take a serious toll on your diet and fitness goals. Once the buffet lines form and happy hour rolls around, all of our good intentions seem to take a back seat. The Monterey County Convention and Visitors Bureau has some helpful tips on how to stay on track with your diet and exercise plans on your business trip in Monterey County in 2018.

**MEAL PLAN**

Meal prepping is clearly a challenge while on the road, but luckily there are several eateries in the region that can accommodate your healthy meal needs while on the run. Max Fit Meals in downtown Monterey serves up delicious pre-portioned meals for a variety of diets including low carb, gluten-free and paleo. You can also load up on a variety of protein bars and drinks for when you’re in a serious bind.

When dining at local restaurants, opt for salads, grilled artichokes and fresh grilled seafood. Rather than gorging on an entire clam chowder bowl, walk along Old Fisherman’s Wharf and slightly indulge in a free sample (or two) of the cozy goodness.

**EAT FRESH AND LOCAL**

If you’re in town on a Tuesday then you are in for a treat! The Old Monterey Farmers Market takes place every Tuesday on Alvarado Street providing the perfect opportunity to stock up on local and healthy snacks to keep you full throughout the day. Get a taste of the area’s local bounty and see why Monterey County is coined as the “Salad Bowl of the World.”

The Wharf Marketplace, just a block from the newly renovated Monterey Conference Center, is open daily with healthy breakfast options and an expansive salad bar with offerings straight from the Salinas Valley.

**AVOID DRINKING CALORIES**

Rather than loading up on sugary drinks, opt for infused water or tea. When the after-five festivities hit, ditch the deadly Long Island Iced Tea and treat yourself to a glass of chilled Chardonnay or luscious Pinot Noir. We recommend Monterey County varietals, of course!

**GET MOVING!**

During your lunch break and in-between sessions, take a light stroll on the Monterey Bay Coastal Recreation Trail conveniently located just outside of the Monterey Conference Center. Head south towards Cannery Row for an incredibly scenic and rewarding 15-minute jaunt. You can also rent a bike near the Portola Plaza Hotel & Spa for rides

down to Pacific Grove or Marina. Move Studios is just a few blocks from downtown Monterey and offers an array of dance classes including ballet, contemporary, hip-hop, modern, jazz and Zumba. Drop-ins are always welcome!

If you're looking to burn some serious calories, pay a visit to CycleBar in Carmel. The high-energy spin class is basically a dance party on a stationary bike. Wind down after your busy schedule with an inspirational sunset hike at Point Lobos State Reserve. There are a variety of trails to choose from with epic ocean views and wildlife spotting.

For more ideas on activities and staying fit while in our destination, please visit [SeeMonterey.com](http://SeeMonterey.com). Plan your next inspirational meeting in Monterey County by visiting [MeetinMonterey.com](http://MeetinMonterey.com).

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#### **ABOUT MONTEREY COUNTY CONVENTION & VISITORS BUREAU**

The Monterey County Convention & Visitors Bureau (MCCVB) is a 501c6 organization that drives tourism for Monterey County. Tourism is the largest industry on the Monterey Peninsula and the second largest in the County. The MCCVB is a partnership of the hospitality community and local governments that aims to drive business growth through compelling marketing and targeted sales initiatives that maximize the benefits of tourism to our guests, members and the community. Travel spending in Monterey County was more than \$2.8 billion in 2016, representing a 3.6 percent increase from 2015. Visitors also generated \$115 million in local tax receipts, a 5.8 percent increase and supported more than 25,000 jobs.