

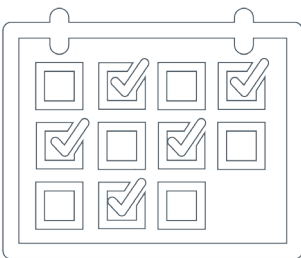
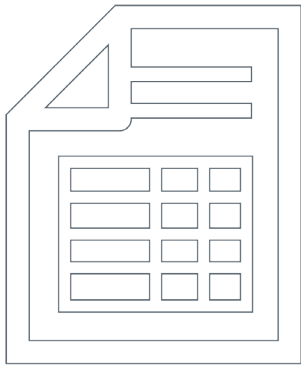
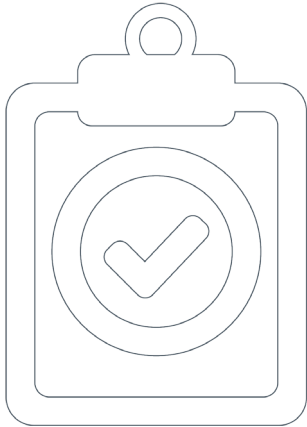


The Ultimate Guide to  
**MAKING TIME  
FOR SELF-CARE  
DURING PCS**



# ARMY SPOUSE

## VOICE FOR A SIMPLER PCS



Our health is the single most important aspect of life to invest in. With jam-packed schedules and routines to keep up with everyday, it can be easy to put wellness on the backburner. PCSing presents a whole other set of challenges, and in the chaos of packing up and moving your entire life from one location to another, it's easy to forget about taking care of the person doing all of the scrambling: you. Erratic schedules, broken routines, fast food stops and long stretches of driving can take a mental and physical toll. But there's no need to add stress to an already stressful situation – we've got some ideas to keep you feeling great while your life is in transit.

### RULES OF THE ROAD TO WELLNESS

#### Plan What You Can

Trying to plan for PCSing can feel a little like looking into a crystal ball, but there are ways to get a jump start on staying organized before you hit the road. Make to-do lists, prioritize, and strategize your steps from point a to point b using checklists and timetables you can tailor to your needs.

#### Keep Moving

Schedule workout dates with yourself or friends, and be sure to get your family involved. You can find quick workout routines online while you're on-the-go, or turn everyday activities into exercise moves (organizing, sorting, and unpacking all count!). Even a quick walk around your new neighborhood (or a few farewell laps around your old one) can have great benefit.

*Travel tips:* being on the road can mean going long stretches while sitting in one place, so whether you're in a car or on a plane extend and bend your legs, stretch your arms, breathe deeply, and stand whenever you get the chance!

There's plenty you can do without equipment, but if you're staying in hotels along your journey, see if they have a gym, nearby track, or pool to workout in. After a long bout of sitting, a "shakeout" will energize you for the next leg of your journey.

#### Take a Few Minutes for Yourself

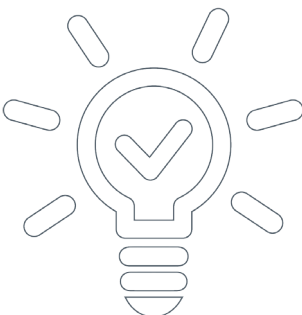
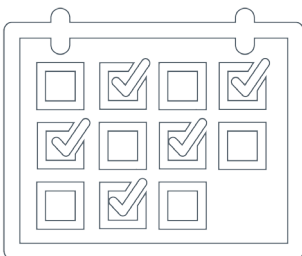
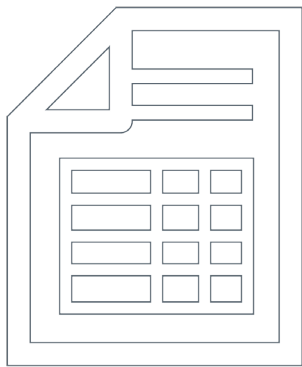
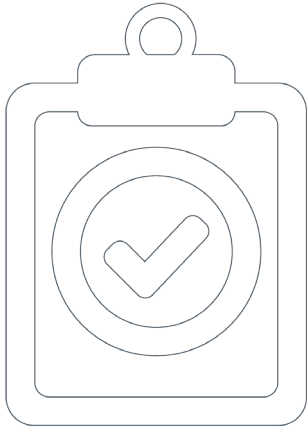
Wellness starts with YOU, so even if it's just five minutes every other day, budgeting some alone time is essential. Close your eyes, and take a few deep breaths; call a friend; read a few pages of a book ; or watch that one funny video that always makes you smile. These recharge moments keep you from feeling burn out.

#### Flexible Meal Planning

Think ahead can help you avoid scrambling to put a meal together at the last minute. Keep it easy and be creative! PCS time can be the perfect opportunity to make those fridge/pantry clean out meals with all of the things you don't need to transport to another location. Finally bake that dish in the

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deep freeze, or actually open those canned goods hiding at the back of the cupboard. It takes just a few ingredients to put together a salad, casserole, or soup that will be ready to go within an hour. If your at-home options are scarce, go ahead and order a veggie heavy dish from your favorite local takeout restaurant.

Travel smart! Keep fresh snacks like carrots, celery, apples and peanut butter, and bananas on hand, or pack a cooler with favorites like sandwiches and veggies for the road. Don't forget your water! H2O is a crucial component to any active lifestyle, so make sure you're staying hydrated throughout the day.

### Be Open-Minded

Be easygoing! Make a loose schedule as a guide but keep in mind that in life (especially during a PCS), things can go completely opposite of your plans! Even though we usually start our days with the best of intentions, sometimes things come out of nowhere and we have to switch things up entirely.

### Take a Time Out

Once you arrive at your new location, be sure to take frequent breaks from unpacking. Reach out to new neighbors, explore your new community, and establish new routines for yourself and your family.

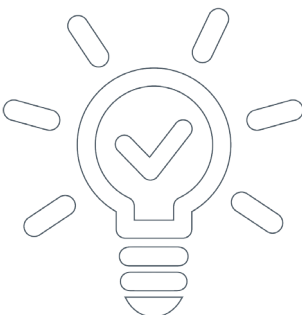
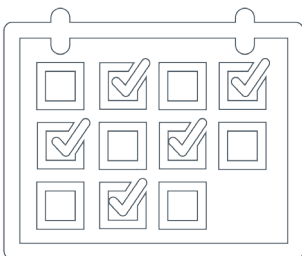
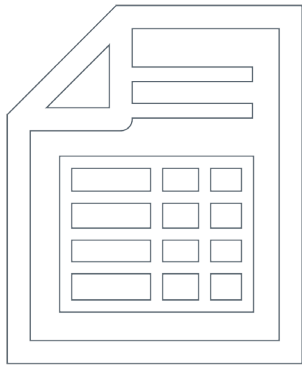
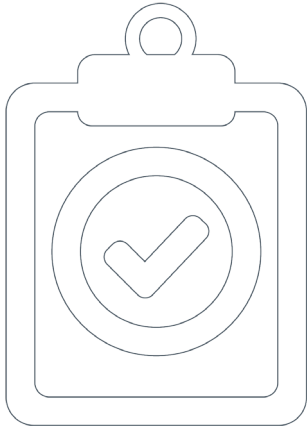
### ON THE GO WORKOUT

Here's a fast, fun, and portable exercise circuit to try! Do each move at least once, and run through the routine as many times as you'd like. Before getting started, watch our live example [here](#) to ensure your form is correct. Workout courtesy of Claire Yanta-O'Mahoney, founder and trainer at [Fleur de Lis Fitness](#).

- Reach up + squat
- Side reach
- Step + kick
- March in place
- Pushups
- Seated leg lifts
- Bodyweight bicep curls
- Chair squat to lateral leg lift
- Hinge forward tricep extension
- Lunge to straight leg extension
- Standing forward + side crunches
- Supine leg lowers
- Half pigeon
- Stacked shins
- Reach over

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### FAST FOOD BEST BETS

Despite your best efforts, there will be times when your options will be limited to the drive thru. But this doesn't have to derail your eating habits! Here are a few healthy choices from popular chain restaurants:

- **McDonald's**  
Egg White Delight McMuffin, Fruit and Apple Oatmeal, Pico Guacamole with Artisanal Grilled Chicken
- **Subway**  
Turkey Breast Sub, Steak Egg and Cheese Flatbread, Veggie Delite Salad
- **Chick-Fil-A**  
Egg White Grill, Grilled Chicken Sandwich, Grilled Market Salad
- **PotBelly**  
Powerhouse Salad, T-K-Y, Mediterranean Salad
- **GI Friday's**  
Strawberry Fields Salad with Grilled Chicken, Black Bean and Avocado Burger, Bourbon Barrel Salmon

## THANKS FOR JOINING US.

Feel free to email us with any questions at [pbarron@ausa.org](mailto:pbarron@ausa.org). If we can't help, we'll find someone who will!

Become an AUSA member for additional resources and support. Learn more at [ausa.org/membership](https://ausa.org/membership).