

Staying Fit and Healthy while Traveling the World WITH SHELBY ALBO

Julia Chebotar 00:04

Spice up your life with me Health Chef Julia as I set out on the journey of What is Healthy. In each episode we'll explore the different meanings of healthy for some healthy means indulging in something decorative and delicious. For others. It's a mental health day and a good workout. There's more to health than just food. It's about living well enjoying your life and having fun. Having you heard redheads do it best. Come with me, I will find out just what healthy is. Thank you so much for being on I you know this whole podcast is about what is healthy and how healthy relates different people in different aspects of their life and careers. And your my healthy person of choice that I always like, go to for all the workout stuff. So I thought it'd only be fitting for you to be on.

Shelby Albo 00:50

Thank you for having me. I'm

Julia Chebotar 00:51

so excited. Will you share a little bit about yourself and then we'll go from there. Sure.

Shelby Albo 00:59

So my name is Shelby. I'm from travel fit love. I am a travel guru by day fitness trainer by early mornings and night. I am Julia's personal trainer as well. This is extra special and exciting.

Julia Chebotar 01:16

And I

Shelby Albo 01:16

am a newly I guess year and a half first time mom. So healthy also just like has a whole new meaning to me now. Like caring for myself, but also caring for another human.

Julia Chebotar 01:30

I can't even imagine I haven't figured out how to carry myself part is yet. But I

Shelby Albo 01:36

travel fit love first started off as a blog, to document my travels and how to stay active while traveling. Because those are two things I love. And it has shifted over this past year and a half of the love being family family time and how to balance all of that.

Julia Chebotar 01:53

I love it. And I mean, I think when we first met you were the childhood issue for like Australia, New Zealand.

Shelby Albo 02:01

So I used to be a destination expert for the South Pacific after college, I moved to Australia, I was obsessed with it after doing a six week study abroad program around the country. And when I returned back, I got into group travel and then became a destination expert for the South Pacific with a company. And overall I love to travel and it's kind of obsession. The obsession?

Julia Chebotar 02:35

Yes, definitely.

Shelby Albo 02:36

So yeah, we met I don't even know, like, four years ago.

Julia Chebotar 02:43

Yes. At the sixth degree of a treat. Yeah. And you were the personal trainer, and I was the private chef. Exactly. Exactly. Right. We're sticking to our thing. where like, We're in COVID, you guys have been doing like little weekend trips here and then getting tested? Where do you see the travel? Like, what are your thoughts? Like, how do people travel safely and healthily right now within like, the confines that can?

Shelby Albo 03:12

Yeah, I mean, I think, you know, first and foremost, before giving any advice, I do advise others to check the CDC, the local travel advisories and restrictions. For us, you know, we decided not to fly this year because of having a baby. And we also want to respect everything that's going on. So we've rented a few houses, and, you know, supportive the local tourism boards, you know, for those towns, and, you know, I think it's also just like what you feel comfortable with, you know, and, you know, talk with your family and your friends and you know, come to a plan. Like if that means traveling with a friend, it means like, are you guys booked quarantining before? Or are you getting tested? Like, how are you going to do this together? But yeah, it's such a weird time. And unfortunately, it doesn't look like the industry is going to come back for this for a number I Oh, yeah.

Julia Chebotar 04:13

So we know that you love travel, but like, how did the health thing start? And how did you become a private personal trainer? And you used to do all these classes? And yeah, still doing them, but you're doing them HGTV or Instagram Live? or?

Shelby Albo 04:28

Yeah, so I grew up dancing. So I suppose that that when I moved to Australia, I was like, pursuing my dance career. When I moved back to the US, I was like, I don't know how I'm going to like live in New York and make it as a dancer. So I like went to a corporate job and started dancing, kind of just recreationally. And that got me transitioned into the fitness and wellness space. I was teaching at boutique studios, and then I was really the These personal relationships with people to train them, but I felt like I even though I have the dance background, I'm and I was trained from this studio, I felt like I didn't have the credibility to be giving the advice to be giving, like personal instruction. So I went ahead and I got my personal training certification. It was a long process, and it's like, when you leave college

and or grad school, whatever you like, don't think you're gonna like go back to opening. So it was definitely like, I remember the summer like flashcards and like, it was probably a couple months process. And that's how I felt by going back to culinary school in my late 20s. I

Julia Chebotar 05:38

was like, What is this? Like? What is the contest?

Shelby Albo 05:41

Exactly? It's just like, wait, like doing this again. But it's definitely It was definitely worth it. I got my personal training certification I started taking on private clients. That's the song right? Um, yeah, there are a few different ones. there's nasm, there's APA, there's a, you know, there's a few accreditations and I was doing classes at studios and private clients in the city and a studio out in New Jersey, and then COVID happened. And I started to develop my following like, virtually.

06:19

So

Shelby Albo 06:21

I actually really enjoy these. Hi, we do have our sessions, like a class format. But like Julia said, it's kind of like you need that extra motivation during this time, you need that person who's gonna hold you accountable. You know, and

Julia Chebotar 06:35

you don't have that in a group setting anymore by doing like workout classes. And I don't think I ever want to go back to workout classes after working out with you. Like it's the same thing

Shelby Albo 06:47

here for you. So yeah, we've kind of shifted to the online space. And it's been really great. I sometimes, you know, in the beginning of this, I was doing once a week free IGN TV, or I do live, you know, wanting to give everyone the opportunity to get in a workout for free. I'll do a few pop ups here and there on Igy on Instagram, but couldn't commit to that same day in time.

Julia Chebotar 07:13

Yeah. But then you also did like an outdoor workout with your like, neighborhood.

Shelby Albo 07:18

Yes, I live in a community right outside of the city and started a socially distance workout. Because, again, like I felt like people are kind of struggling during this time where they're in their house all day working. And this was a time where we could kind of get out, you know, keep her distance, but workout with that vibe and energy of a class. I only started this recently, once they like travel, or sorry, shelter in place was like, lifted and,

Julia Chebotar 07:53

um, well, what I know that like, we don't know what travel is gonna be like, but you always see these like amazing tips on like, how to stay fit or worked out while traveling. And now I see your ID and it's like how to stay fit and workout while working from home with your husband. And it's like he's working on the computer and you're on the peloton. Yeah,

Shelby Albo 08:14

I mean, I think so as far as like, when you travel, one of my you know, biggest things was, you know, find the balance. And that's my whole thing in life. And I'm sure we'll get there within this conversation. But when it came to traveling, I was looking for tour, more active tours, like a bike tour instead of a bus tour or like a city walking tour. And then also, like I would try and use if we were going internationally, I would use the jetlag to our advantage. So you know, traveling over to Australia, I'd wake up at 5am ready to go but nothing's open. So I go and you know, work out or go for a run to explore the destination. So a lot of those tips are on my blog. And now I think it'll always get

Julia Chebotar 08:58

on the end.

Shelby Albo 09:01

I think it's really important to schedule in that workout, or that walk, just like you will with your meetings like just like you do it with, you know, your corporate job you have that these all these calls, these zoom calls, you know, marketing now, I think that's also why I've been successful with clients with these half hour workouts. Because, you know, you can keep a look at Julia's Instagram post is like, you know, you really do get a sweat in and it's only when you mark it in your work calendar, you know, people just see a half hour, you don't need it. And you know, it's important for you to schedule it in like a meeting.

09:48

You wouldn't get I took

Julia Chebotar 09:48

what you said, exactly, but I also took in what you said where you're like, Okay, so you have a client at nine, we work out at a like make that also a priority just as much as the client would be

Shelby Albo 09:59

right Exactly. And I would say like, you know, it's not say, Oh, you want to cancel on your boss, you wouldn't canceling your trainer, but

10:11

I knew it was coming.

Julia Chebotar 10:15

Okay, so one thing that I've been doing that I want to ask everybody, because everybody has such a different take on this, and a different perspective and a different lifestyle is what has helped me to you. And I know that's such a big, open ended question. So you can take it anywhere you want.

Shelby Albo 10:33

Like health or healthy or

Julia Chebotar 10:36

either one like your health in general, how do you feel like you're really fit you eat really well, I know that you pick up, like have a vegetarian diet. You guys do like different cleanses together like you're very helpful. More so than others?

10:54

And what how

Julia Chebotar 10:55

does that then go into like

Shelby Albo 10:56

your clients? As far as vegetarian, I've actually been a vegetarian since I was eight years old. Because I didn't really want to slaughter animals for food. And what's interesting, kind of taking this back to Australia, Funny enough, is it I ate fish, like I was like, I don't want to slaughter like farm animals, but like, I'll eat fish. And then when I had studied abroad, I was doing like a wildlife and conservation program. And I was like, I'm serving all these other animals, why aren't i doing this with fish, and I stopped eating fish. So that was always just more like a moral thing. Um, otherwise, you know, I really try and find the balance. And this cleanse that Julie just brought up. One of the programs that I do is an Arbonne 30 days to healthy living.

11:47

And

Shelby Albo 11:48

what I like about it is that I'm removing dairy, gluten and soy, which are also those in as well as alcohol and coffee and sugar, right? No, not necessarily. Oh, come on, like meat fruit. But what I also find is that when I eat gluten, dairy soy, like the inflammation that I get, like, is crazy, like, I look like I'm pregnant. So it's interesting, because we only do the cleanse maybe once or twice a year, just to kind of like, reset, but it just, like feels so much better. So the cleanse program itself we do once or twice a year, but I've now adapted that lifestyle of eating, you know, I try and do dairy and gluten free during the week. And then on the weekends I enjoy like and that's one thing about being healthy, like, you know, is finding that balance. Have that rosae I will, you know, have that pizza if I want it. You know, it's it's really just trying to find that happy medium and, you know, enjoying that I enjoy those little things. And that's also like what I talked about, like when I travel, it's like I stay active when I travel because I also want to indulge in the local yummy. Yeah. And I feel that and you know, it's like,

Julia Chebotar 13:20

I feel like crap on the plane ride home when you're like bloated and uncomfortable for all the food and alcohol consumed. At least that's me. I don't know. Yeah,

Shelby Albo 13:30

yeah. No, I mean, it's true. But you know, it's definitely about like healthy means like finding balance for me and you know, not being down on myself. You know, when I you know, instead of just having the pizza Saturday if it's a Thursday, Friday, Saturday, Sunday, like, I'm enjoying you know, and I know like Monday comes and I'll, you know, refresh. Here's one thing about me is that I'm really boring when it comes to food. Like I eat the same thing every day. What do you eat? Oh, it's so breakfast. I like some sort of like egg sandwich. Like I make eggs and I put it on toast gluten free toast or like a brown rice wrap, which I had today. It was really good. Really good. Um, and then for lunch I usually do like the sounds probably so gross to normal person. But lately in quarantine, I've been doing like a turkey sandwich. So it's like fake, like Turkey. like soy Turkey. Yeah. And we're like during the cleanse you have to cut out soy but since I'm a vegetarian, like I really rely on soil a lot for for teaching. for nighttime, I make a Mexican bowl. I did brown rice, black beans, maybe like a soy beef crumble. Or if I'm on the cleanse program, I take that out with avocado, tomatoes, salsa, maybe tofu. So I kind of make like a Mexican bowl and I literally eat that every day. And then I make smoothies. Like, I couldn't do that. Like, I

Julia Chebotar 15:11

love that. You're saying that that would drive me crazy. Well, it's

Shelby Albo 15:14

funny because early on in Instagram, people were like, oh, like post food. I'm like, why, like, every day I don't cook.

Julia Chebotar 15:23

Like, an honest about it. Does your husband eat that? You

Shelby Albo 15:27

know? Oh, no. And he's the cook. He's the foodie. Oh, yeah.

Julia Chebotar 15:32

But he eats me.

Shelby Albo 15:33

He eats me.

Julia Chebotar 15:36

Sydney,

15:37

he eats e Oh, my God,

Julia Chebotar 15:40

I love it. But like, so you're because you're vegetarian. You're a total proponent of the alternative meat products and it totally sits well with you and you don't have any kind of like, bloating or issues from eating that daily.

Shelby Albo 15:55

It's funny like this, because of the soy like that sometimes gives me the bloating. But, you know, I also know that like, my body needs it. And like, you know, I'm trying to invest dinner after dinner last night. How

Julia Chebotar 16:11

do you incorporate like other grains that are probably higher like buckwheat or split peas or lentils or anything like that? That's a higher in protein than the soy stuff.

Shelby Albo 16:22

Yeah, like I like black beans. Basically every day chickpeas. I love Kima. I've also like have a subscription to a pre made service that like is a plant based

16:41

food subscription.

Julia Chebotar 16:43

Is it like purple carrot or something?

Shelby Albo 16:45

And that's it. Can I am I allowed to say like, splendid spoon.

Julia Chebotar 16:50

Oh, yeah. Do you like it? Love it? The

Shelby Albo 16:53

flavors are so good. And Sydney. So like, I was eating it. And then I would let Sydney try it. And he loved it.

Julia Chebotar 17:00

So now I saw it. He was like, go to town.

Shelby Albo 17:03

Yeah.

Julia Chebotar 17:05

That's amazing.

Shelby Albo 17:07

So yeah, so it's funny because one of the recipes we were eating today has like the bulk meat in it, like something like that. So and the lentil soup. So yeah, I get a lot of that through there.

Julia Chebotar 17:18

How do you get like a kid or a baby? He's not even a kid. He's a baby. Still? How do you get him to like, eat healthy things? Like, I'm not gonna lie, watch. This would help stories. And I'm like, how are her infant screen drinking green juice. And then like they're craving green juice. Like, have you gotten to that point?

Shelby Albo 17:34

It's funny. I've made him smoothies before with strawberry, strawberry, bananas and spinach. And, like, bananas, I feel like overpower, like every thing. So, um, yeah, like, he's, he's been into that. It's He's like, at an age though. where it's like, so messy. Like he just like wants to take the straw out or like, so we haven't really gotten into those things for him. But um, yeah, like, he kind of just kind of offered it and see what he likes or doesn't like, like he was really into like the spinach cakes. And they were out of spinach cakes, ones and we got the kale version. And he just like was not having nearly knew the difference. And so it's funny.

Julia Chebotar 18:25

If someone wanted to, like lose weight, let's say like, one thing I could say about you is like and myself like I work out with you three days a week. I definitely don't care about the number on the scale. But I have noticed that my clothes are fitting better. I have more muscle definition I have I sleep better, I feel better, I can bounce back quicker. Which is all the things that I wanted. But if someone is coming to you and specifically wants to tone and lose weight, what would be like the first five things you tell them to do?

Shelby Albo 19:00

two things one, well, first off, can I get that as a testimonial? Yes, definitely.

Julia Chebotar 19:07

Make a little sound bite just to that. Yes. And

Shelby Albo 19:12

also like to kind of throw this out there off the bat is like I'm not a registered dietician. I'm not a nutritionist. So anything I share, like please, you know, consult with

Julia Chebotar 19:24

somebody. Absolutely. Yeah. Um, I think my students work so I'm gonna listen.

Shelby Albo 19:31

I yeah, I think yeah, definitely, like watching what you eat like, yeah, if you eat pizza and drink out every day and night, like, sure you're gonna put on weight. Oh, with that being said when I was pregnant and talking about eating the same thing. Every day I had bagels for breakfast sandwiches for lunch and pasta for dinner. The last four months straight.

Julia Chebotar 19:54

You were like a ripped pregnant woman like you did not you literally look exactly the same from well

Shelby Albo 20:03

But I was like growing a human. So I'm like all okay with it.

20:05

But, um,

Shelby Albo 20:07

so I think like definitely like watching what you need in, in the kitchen. But I think what's also important is like, a lot of times people feel like they need to cut calories when like, really like, you need to make sure you're eating enough, too, you need to make sure you're eating enough that your body can like burn something. I think as far as working out, it's important to really mix it up. So if you're doing like, if you've never done anything, and then suddenly you're just doing yoga and like yoga every day, every day, every day, like eventually you're just not gonna like, you know, you need to results need to get in that cardio the strength. You know, people are scared about heavy weights, like, you know, sometimes that can really be the trick.

Julia Chebotar 20:53

Don't people say that like, actually, you burn more calories by lifting heavy weights than you would do by running.

Shelby Albo 20:59

Like it is a good way to it is a good addition and something to incorporate into your routine. With my clients. I even like to mix it up like some days we'll do like high intensity interval training. Other days, we'll do like a scope. And just like the small muscles, small movement type of learning,

Julia Chebotar 21:20

so that we're gonna do tomorrow. Which one?

Shelby Albo 21:26

You wait, Just you wait.

Julia Chebotar 21:30

I'm so scared. But I'm gonna love it. It's gonna be great. I'm gonna need it. Okay,

Shelby Albo 21:34

I'm gonna. You'll have you'll have to do a recap of tomorrow like,

Julia Chebotar 21:41

yeah, for real. We should like I'll like screengrab record the whole workout like what she did to me after we recording our podcasts. Um, what about Okay, thoughts on the whole needing to drink a gallon of water a day. And like drinking all that liquids, like flush your system?

Shelby Albo 22:05

in water itself, I think it's just like, good. Like, there is nothing wrong with water. Like, I would say like, there's no such thing as too much water. Like there maybe. Like, especially during quarantine, I've actually been tracking my water more now. Just because I want to

Julia Chebotar 22:23

get one of those giant water bottles that says how much you drank throughout the day. Yeah, I

Shelby Albo 22:27

just want to like make sure I'm getting it. And you know, I think with water, it not only will help you know your energy, but like your skin and like the hydration of that, like, you know that and I don't know, I think there's like nothing wrong with it. I think. You know, do what you can. But I think for everyone at home right now, you know, now's a really good time to just try to track it or get into a routine. Kind of like our crunches how we started off of like you

Julia Chebotar 22:58

guys,

Shelby Albo 22:59

can you go to the bathroom? Well,

Julia Chebotar 23:00

yeah. Anyway, you come in Did you like 10? circles with my arms forward? And then 10 circles by arms?

Shelby Albo 23:08

Back down circles? Yes.

Julia Chebotar 23:12

And how many times? She told me to do that guys in bits while I go to the bathroom at a client's house. It's a done one so far. It's always in my head. Now when I go to pee. I'm like, oh, should I do this though? Well, it's funny,

Shelby Albo 23:28

because these are all my travel tricks. It's like when you travel. Like you don't need weights all the time. Like you can do these small muscle like arm things. And it's like, you know, you're on a plane for two hours. Like what can you do in those two hours? Or just like do

Julia Chebotar 23:43

you want to be that asshole on the plane that's like,

23:47

six feet apart.

Shelby Albo 23:50

But more so like in a hotel room and you don't need weights, like you can just do that, right? No one can see us and like ever all the moves we're doing right now. You can do it.

Julia Chebotar 24:03

But we did it so well. in unison I really wish that somebody would see how good that was. Okay, so where can people find you? Where can people find your tips and tricks on like, working out while traveling or baby kid food ideas and all the things that you share? And if they want private, personal training 30 minutes, how can I connect with you?

Shelby Albo 24:32

Thank you and you can visit my website I travel fit, love calm I have a lot of studio reviews, destination itineraries and suggestions. And then follow me on Instagram at travel fit love where I post my trips, my tips and igtv workouts and if you are interested in a private session, please contact me she'll be at travel fit love dot com. Or you can reach out on Instagram. Let me know you heard this podcast and I will give you a special discount. Oh, there

Julia Chebotar 25:09

you go. Okay, Shelby, I love you so much. Thank you for coming on. You're amazing. Thank you for being my second guest. And can you imagine Oh, I forgot we also shared a bed on the second retreat. And you were pregnant.

Shelby Albo 25:27

Yeah. Retreat together. I was pregnant didn't tell anyone yet. And was pretty lame during that retreat because I was so tired.

Julia Chebotar 25:39

snuggles, no problem. I'm happy to be big spoon anytime. But I can't wait for a workout tomorrow. I can't wait for this episode to go live for people to find you. And literally she kicks my ass three days a week and I am drenched in my apartment. And I think the company across the street that can see my windows are like, what the hell is this girl doing? But I love it. And thank you. Thank you. Thank you.