

Get Fit @ TravCon 2026

welcome to the revolution!

*A Workbook for Healthcare Workers Who Are Ready to Feel Like
More Than a Burnt Out Body in Scrubs!*

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Welcome

Hey, hey and welcome to Get Fit at TravCon!!



I am so excited to have you and hope you find this workbook helpful during and after our time together.

To me, *Healthy in Healthcare* is essential to surviving a career in patient care - and it doesn't end at just physical health. Quite the contrary. While I do value movement and of course who doesn't love to look good.. I truly value how we FEEL within our bodies. And that comes from how we treat our mind, body, and soul.

Over the next three sections we're going to cover a lot of ground together. From your mindset around health, to emotional eating, to leveraging earth's original medicine - food. Each section of this workbook has a little teaching, a few exercises, and lots of tips that are actually useful. Because I, too, have worked 12-hour shifts and totally get that it's not always as easy as "eat your veggies and meditate."

I'm here to help you build a healthy life in healthcare, however that looks for you!

XO, Mary 

Start Here

How to Use This Workbook

in a way that works for you! ✨

Each section of this workbook follows one of our three Get Fit @ TravCon sessions in order. You'll find:



A quick teaching section

The core idea from that session in your hands to reference later.



Exercises

Space to actually work through the concepts in real time.



Tips

Practical, 12hr shift-approved things you can implement immediately.

You can work through this during the sessions, after, or pull it back out six months from now when you need a reset!

Section 1

*Finding Your Healthy
Mindset*



Teaching What Does Health Actually Mean to You?

Let's start with a question nobody in healthcare asks enough:

How does healthy fit into YOUR life?

Not for your patients. Not for the hospital wellness program that handed you a step counter and called it a day. For you — the actual human being underneath the scrubs.

Here's what I know after working in healthcare for over a decade and coaching hundreds of healthcare workers through this: most of us can rattle off the clinical definition of health no problem. But when I ask what healthy actually feels like in your body and your life? People go quiet.

Because we've spent so long taking care of everyone else that we forgot to define it for ourselves.

So that's where we start. Always.

Before we can build healthy habits, we have to do two things first. Figure out what's actually been in the way — because it's not laziness and it's not lack of motivation. It's almost always burnout, a limiting belief, or both. And then we build something that actually fits your life — not a perfect version of it.

Health habits should be a part of your day. Not your whole day.

Define Your Healthy

No Instagram versions. Yours.

Physically healthy looks like:

Think: how does your body feel? Your energy? Your sleep? What's present that isn't right now?

Mentally healthy looks like:

Think: what does a good mental health day feel like? What's present? What's absent?



quick tip

I want you to really challenge yourself to define what healthy looks like to YOU. Not society, not me, not the person beside you. What's your intuition telling you?

Teaching

What's Been in the Way?

You just defined what healthy looks like for you. So why isn't that already your reality?

It's not because you don't know what to do. You work in healthcare. You know vegetables exist. You know sleep matters. You literally see what chronic stress does to a human body every single shift.

*Knowledge is **not** the problem.*

The problem is almost always one of two things:

1

Burnout has wiped out your capacity to care for yourself.

You cannot build healthy habits on an empty tank and if you've been running on fumes, that's not a motivation problem. That's a depletion problem. We have to address that first.

2

Limiting beliefs have convinced you that you're not allowed to prioritize yourself.

These are the sneaky ones. The thoughts that feel like facts. The ones that have been running the show for so long you don't even notice them anymore.

Burnout Check-In

Be honest. Circle the ones that hit:

- ☐ I come home from a shift with nothing left. Not for my family, not for myself

- ☐ I eat whatever is fastest because I skipped lunch and I'm in full survival mode

- ☐ I keep saying I'll start Monday. Monday keeps moving.

- ☐ I feel guilty when I do something for myself

- ☐ I can't remember the last time I did something just because it made ME feel good

- ☐ I stay in situations that aren't good for me because "if I don't, who will?"

- ☐ My health is always the last thing on the list

How many did you circle? _____

If you circled more than two, chances are burnout is playing a role here. Maybe you already knew this? Well, take this as your sign that now is the time to overcome it.



quick tip

Burnout recovery isn't about adding more. And it's definitely not getting fixed by simply taking a vacation. Hell, we're in Vegas and you're still aware that burnout is a problem. As someone who specializes in helping healthcare workers recover from burnout, I challenge you to **shoot me a message on Instagram** and tell me how long you've felt this way so we can work through this together.

Name the Belief

Below are the three most common limiting beliefs I hear from healthcare workers. Circle the one that hits hardest — then answer the questions below:

"I don't have time."

"I'm too tired."

"I'll be better about it when things slow down."

The belief that has held me back the most is:

When I hear myself say this, what I'm really feeling is:

Who taught me this belief — and how old was I?

You don't have to solve this today. But naming it is step one!



quick tip

Limiting beliefs feel like facts because they've lived in your subconscious for a long time. The first step to changing them isn't willpower — it's awareness. You just did that.

Teaching

Making It Work in Your Actual Life

Here's the thing about building healthy habits as a shift worker — you cannot do it the way everyone else does it. A rigid routine that works for a 9-to-5 will fall apart the first week your schedule rotates or you get called in on your day off.

So instead of a routine, we build **anchors**.

Anchors are small, non-negotiable habits that are simple enough to survive even your worst week. They don't require perfect conditions. They don't require a full hour. They just require a decision.

The other thing that changes everything? How you think about shift days versus days off.

SHIFT DAYS

Don't make it worse.

Eat something before you go in. Pack something real. Drink water. That's it. We are not asking for perfection on a 12-hour day.

DAYS OFF

This is where you invest.

The workout. The meal prep. The sleep. Use them on purpose instead of just recovering from shift days.

EXERCISE 4

Your Schedule

Map out a typical week below. Just the skeleton — shift days, days off, rough times. We're looking for the windows that already exist.

DAY	SHIFT OR DAY OFF	HOME AT?	WAKE AT?	WINDOW I DIDN'T SEE BEFORE?
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Build Your Anchors

Think small. Think doable even on your worst shift day. These are your non-negotiables.

My shift day anchor is:

My day off investment habit is:

One thing I will do every single day that has nothing to do with work:



quick tip

Your anchors should feel almost too easy. If they feel hard, make them smaller. A walk around the parking lot counts. Five minutes of quiet in your car before you go inside counts. Start there.

Your 30-Day Goal

One goal. Not five. Specific enough that you'll know without question whether you hit it.

My health goal for the next 30 days is:

Why does this goal actually matter to me:

What will it give me when I reach it:

The limiting belief I'm leaving in this room:



quick tip

Write this goal somewhere you'll actually see it. Phone wallpaper. Sticky note on your locker. Front of this workbook. Out of sight means out of mind — especially on the hard weeks.

Section 2

Navigating Emotional Eating



Teaching The Cycle

Let's be real for a second.

Healthcare is hard. Like, really hard. And after a shift that sucked the life out of you — emotionally, physically, mentally — the last thing you want is someone telling you what you can and can't eat.

So I'm not going to do that.

There is nothing wrong with ice cream after a hard shift. Nothing wrong with the foods that genuinely make you happy. Food is one of life's great joys and I will never tell you to take that away from yourself.

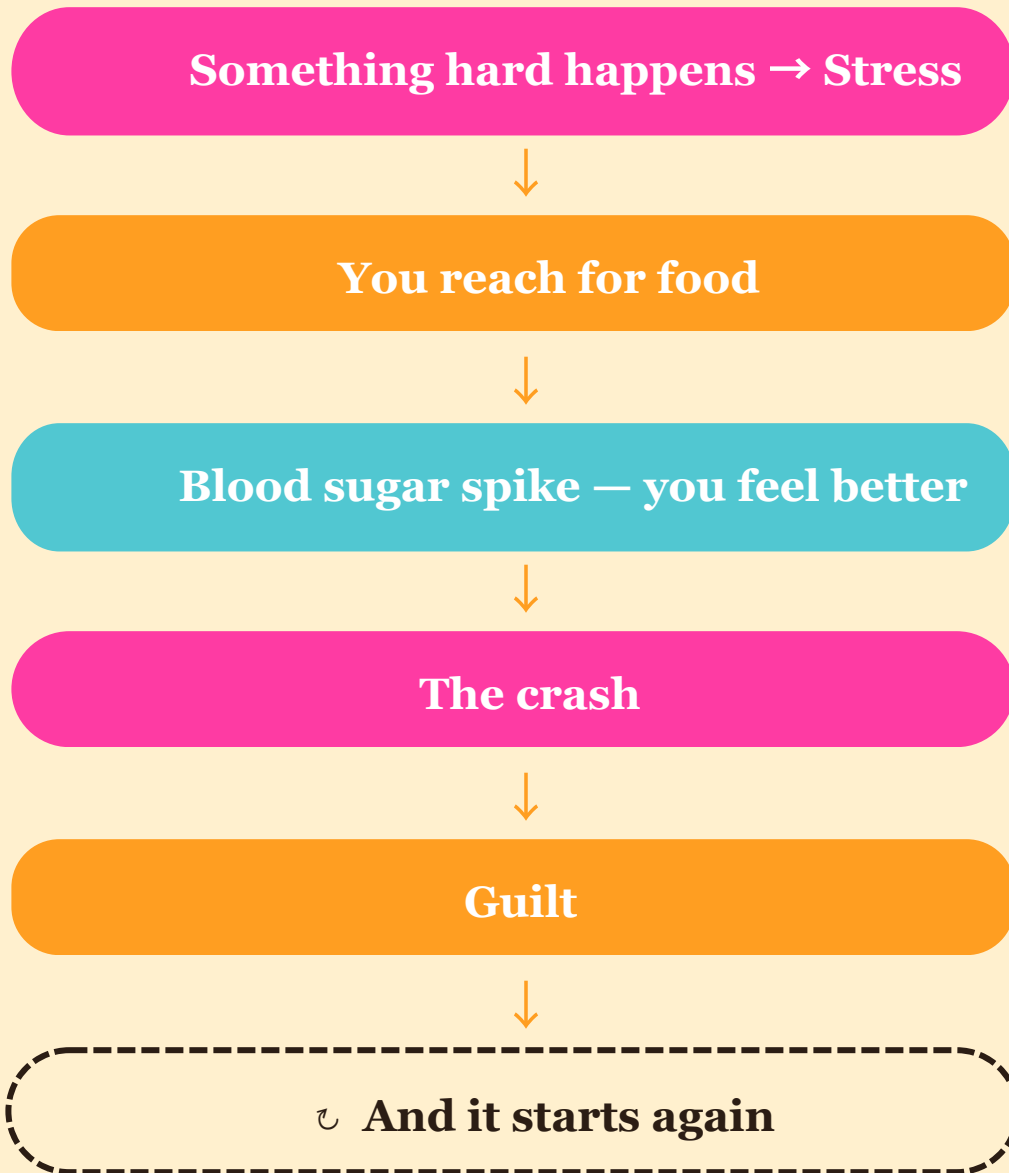
What I DO want to talk about is the difference between *enjoying* food and *using* food. Because there's a cycle that a lot of healthcare workers get stuck in — and once you see it, you can't unsee it.

Here's how it goes: something hard happens at work. Your stress spikes. You reach for food because food genuinely does give you a boost — it hits your feel good hormones, your blood sugar goes up, and for a minute you feel better. Then your blood sugar drops. And right on cue, here comes the guilt. But the next time you feel that way? Your brain remembers exactly how good those cheese fries were. And the cycle starts all over again.

The goal isn't to never eat emotionally. The goal is to know when you're doing it and have something else to reach for first.

The Loop

What the Cycle Looks Like



Identify Your Triggers

Let's get honest about what's actually driving the reach for food. Check anything that resonates:

- ☐ Post-shift anxiety — the shift follows me home and I can't decompress

- ☐ I'm lonely — especially on travel contracts far from my people

- ☐ I skipped meals and I'm running on empty by the time I get home

- ☐ A patient or situation got to me and I don't know how to process it

- ☐ I'm bored and exhausted at the same time

- ☐ Food is the only thing that feels good after a bad day

- ☐ I use food to reward myself for surviving a hard shift

My biggest emotional eating trigger is:

The emotion I'm usually feeling right before I reach for food is:



quick tip

Don't shame yourself for emotionally eating. You are human! We've all eaten our feelings before. Rather than guilt yourself, just become aware of your triggers so you can have a different response.

Teaching

Pause Before the Pantry

Once you know your trigger, you can build a pause between the feeling and the food. Here are a few tools worth trying before taking a bite:

Pause

Literally pause for 30 seconds and ask yourself — "Am I actually hungry?" "How can I have what I WANT while also getting what I NEED?" "When is the last time I actually ate something?"

Tapping (EFT)

Emotional Freedom Technique uses gentle tapping on specific points on the body to calm the nervous system fast. Great for post-shift anxiety and emotional overwhelm. Never tried it before? Come find me here at TravCon and we can go through it together — it takes just a few minutes.

Plan for the Chaos

If you KNOW you work in a high stress environment — and you do — plan for it. Plan for a high protein dinner with veggies AND the post-dinner ice cream bar. Fun fact: when we allow ourselves to have these things more often, we are actually less likely to binge them when emotions are running high.

Build Your Pause

When I feel _____ after a shift, instead of immediately reaching for food I will:

The tool I want to try first:

- ☐ The 30 second pause
- ☐ Tapping (EFT)
- ☐ A walk before I walk inside
- ☐ Calling someone before I open the pantry
- ☐ Other: _____

My honest answer for what I'll actually do in that moment:



quick tip

Put your pause somewhere visible. A sticky note on your steering wheel. A reminder on your phone for the time you usually get home. The pause only works if you remember it exists when emotions are running high.

Teaching

The Plan is Everything

A plan — any plan — beats no plan every time.

Having a plan for what you're eating reduces decision fatigue. Decision fatigue creates stress. Stress drives emotional eating. See how it all connects?

I don't care if your plan is stopping at Taco Bell on the way home. A planned run where you already know what you're ordering is infinitely better than a frantic drive-thru decision at 8pm when you're running on fumes and emotions.

And contrary to popular belief — fast food has some decent options if you know what to look for. A plan just means you're looking before you're starving.

One more thing: coffee is not breakfast.

I know. You can pry it out of my cold dead hands too. But coffee on an empty stomach spikes your cortisol, which spikes your stress, which sets you up for poor food choices all shift long. Eat something first. Even something small.

Your Shift Day Meal Plan

Before my shift I will eat:

My shift meal (packed or planned) will be:

My shift snacks will be:

My post-shift plan is:

If everything goes sideways and I need a fast option, my planned backup is:



quick tip

Meal prep doesn't have to mean spending your entire Sunday in the kitchen. It means having a plan. Even keeping a few easy proteins in your bag — string cheese, a protein bar, hard boiled eggs — can be the difference between a controlled post-shift meal and eating your feelings in the parking lot.

Give Yourself Grace

After a really hard shift, one thing I can do to move the emotion through before I reach for food is:

The grace I'm giving myself around food from here on out:



quick tip

Movement is one of the most powerful tools for processing emotion — and it doesn't have to be a workout. A ten minute walk. Putting on a song and just moving in your kitchen. Something that gets the energy out of your body before it turns into a pantry raid. Try it once and see what happens.

Section 3

Food is Medicine



Teaching

You Are What You Eat

Okay. Last session. And I saved this one for last on purpose.

Because before we could talk about food — really talk about it — we needed to sort out the mindset piece and the emotional piece first. You cannot out-eat a burnout. You cannot out-nutrition a limiting belief. The inside work always comes first.

But NOW we can talk about food. And I promise this is not a nutrition lecture.

We are not counting anything in this room. What we ARE doing is understanding what we're putting in our bodies and why it matters — because that understanding is worth more than any calorie count ever will be.

You are literally made of what you eat. Every cell in your body. Every hormone that regulates your mood. Every bit of energy you're running on at hour ten of a twelve-hour shift. It all comes from food.

Food is not just fuel. It is information your body acts on every single day.

Teaching

Good, Better, Best

Think about every food choice through one simple lens:

Good

Intentional and aware. You planned it. No guilt. That's good.

Better

You made an upgrade where you could. Added protein. Swapped the soda. That's better.

Best

Whole foods, balanced plate, feeling good. This is the goal — not the standard for every single meal.

Every meal is just one choice. Make the best one available and move on.

EXERCISE 1

Rate Your Current Meals

My typical breakfast before a shift is:

Good / Better / Best (circle one)

My typical shift meal is:

Good / Better / Best (circle one)

My typical post-shift meal is:

Good / Better / Best (circle one)

One upgrade I could make this week:



quick tip

You don't have to overhaul everything at once. Pick one meal — just one — and make it a Better instead of a Good this week. Small upgrades compound over time.

Teaching

Let's Talk Macros

Macronutrients are the three main categories of nutrients your body runs on: protein, carbohydrates, and fat. Every food you eat is made up of some combination of these three things.

PROTEIN

The big one. Especially for us. Keeps you full, stabilizes energy on shift, supports mood and recovery. *Easy sources:* Greek yogurt, eggs, string cheese, deli turkey, protein shakes, cottage cheese, jerky.

CARBOHYDRATES

Not the enemy. Your brain's primary fuel source. Complex carbs give steady sustained energy. Simple carbs spike and drop you.

Complex: oats, sweet potato, brown rice, whole grain bread, fruit. *Simple:* white bread, candy, pastries, vending machine options.

FATS

Support hormones, brain function, and staying full. Avocado, nuts, olive oil, eggs. Your friends, not your enemies.

Work It Out

Find Your Own Macros

My weight: _____ **lbs**

Protein target

My weight _____ $\times 0.6 =$ _____ grams per day (minimum)

My weight _____ $\times 0.8 =$ _____ grams per day (goal)

Calorie estimate

The BEST way to find this, is audit what you are currently eating for 2 weeks. Find the average and adjust based on your goals

That means I need roughly _____ grams of protein per meal across 3 meals.

Does that feel like more food than you expected?

- ☐ Yes! I had no idea I could eat that much
- ☐ About what I expected
- ☐ That feels like a lot, but I'm willing to try

⚠ Before you go down a rabbit hole of tracking every gram - I have a full teaching method coming up in just a few minutes that is going to show you exactly how to build a balanced plate without making macro tracking feel like a game of Tetris. We're keeping this simple. Stay with me.

Three Day Food Journal

Before we can improve anything, we need to see what's actually happening. Log your food for three days just to SEE it. Write everything. Meals, snacks, the handful of candy from the break room, the coffee. All of it.

If you'd rather track electronically - I recommend using MacrosFirst!

Day _____

Breakfast _____

Snack _____

Lunch / Shift meal _____

Snack _____

Dinner / Post-shift _____

Anything else _____

Day _____

Breakfast _____

Snack _____

Lunch / Shift meal _____

Snack _____

Dinner / Post-shift _____

Anything else _____

Day _____

Breakfast _____

Snack _____

Lunch / Shift meal _____

Snack _____

Dinner / Post-shift _____

Anything else _____

Exercise 2, continued

After Three Days, Answer These

Looking at what I logged, I notice I could eat more _____ in my diet.

Looking at what I logged, I notice I tend to skip or under-eat _____ .

The meal where I consistently make the least nourishing choices is:

How I can easily improve the foods I'm eating during my shifts:

One small tweak I can make to improve my food quality this week:



quick tip

Aim for 25 to 30 grams of protein per meal and 8 to 10 grams of fiber per meal. When you hit both of those targets consistently, everything else starts to fall into place easier! You also stay fuller longer, your blood sugar stays stable, and you're far less likely to be at the mercy of the vending machine at hour nine.

Teaching

But Macros Aren't the Whole Picture

Here's what macro tracking alone misses — micronutrients. Vitamins. Minerals. The stuff inside whole foods that keeps your immune system running, your energy stable, your mood regulated, and your body functioning the way it's supposed to.

You can technically hit your macro numbers eating processed food all day. But your body will absolutely feel the difference.

Turn the page for 15 of the most powerful foods you can add to your diet and what they actually do for you!

15 Foods Worth Adding

Blueberries

Antioxidants that reduce inflammation and support brain health.

Eggs

Complete protein with all nine essential amino acids. Muscle repair, brain health, energy.

Broccoli

Vitamin C, fiber, and cancer-fighting compounds. Supports immune function.

Lentils & Beans

High in both protein AND fiber. Incredibly filling and great for blood sugar stability.

Garlic

Natural antimicrobial and immune booster. Anti-inflammatory and cardiovascular support.

Spinach

Iron, magnesium, and folate. Supports energy production and muscle function.

Tart Cherries

Natural anti-inflammatory and one of the few food sources of melatonin. Great for sleep.

Greek Yogurt

High protein, probiotic-rich. Supports gut health which impacts mood, immunity, and energy.

Avocado

Healthy fats that support hormone production, brain function, and sustained energy.

Olive Oil

Anti-inflammatory, heart healthy, supports brain function.

Sweet Potato

Complex carb for sustained energy. High in vitamin A and potassium.

Salmon

Omega-3s that reduce inflammation, support brain health, and improve mood.

Lemon

Vitamin C, supports immune function, aids digestion.

Turmeric

One of the most studied anti-inflammatory foods on the planet.

Walnuts

Omega-3s, antioxidants, and plant-based protein. Brain health and inflammation support.

Teaching

Build the Plate

Forget the calorie calculator. Here's all you need:

1/2 Produce

Whatever you like. Raw, cooked, fresh, frozen.

1/4 Protein

Aim for 25 to 30 grams.

1/4 Carbs

Rice, sweet potato, bread, oats.

+ Fat

Olive oil, avocado, nuts.

Color + Protein. Just build the plate.

The Shift Worker Meal Plan

You don't need a perfect meal plan. You just need a plan.

- › Know what you're eating before you leave the house.
- › Pack at least one real meal and two snacks.
- › Have a post-shift plan before you walk out of the hospital.
- › Coffee is not breakfast — eat something with it!
- › A plan beats no plan every single time.

Your Seven Day Meal Plan

DAY	BREAKFAST	LUNCH	DINNER	SNACKS
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

My shift days this week are: _____

My backup plan when the week goes sideways: _____

Your Grocery List

PROTEIN

FRUITS

VEGGIES

FATS

avocado, nuts, olive oil, nut butter, seeds

FUN

because we're allowed to eat the ice cream



quick tip

Shop the perimeter of the grocery store first - that's where the whole foods live. Fill your cart with produce, protein, and healthy fats before you hit the middle aisles.

Teaching

Give Yourself Grace

You are never going to eat perfectly. No one does. And the goal was never perfection — it was understanding and being in control.

If you lose a patient — eat the ice cream. AND do something to move that emotion out of your body so you feel better and don't finish the whole container.

If you have a week where the plan completely falls apart — start again the next shift. Not next Monday. **The next day.**

Food is medicine. Not in a wellness influencer way. In a literal, biological, your-body-runs-on-this way. You matter enough to feed yourself well.

EXERCISE 5

Your Food is Medicine Commitment

The one food change I can commit to adding after this session:

My go to meal using the build a plate method:

My mantra I'll use when the day doesn't go as planned:



quick tip

Understanding your food is always more powerful than tracking it. When you know WHY protein matters on a shift day, you'll reach for it. When you know WHY the blood sugar crash is making you emotional at hour eight, you'll plan around it. Knowledge is the tool. Use it.

Hey, before you go..

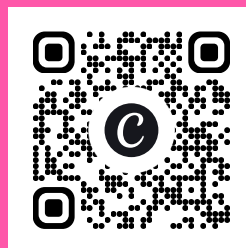
Thank YOU for being here and staying awake throughout all of my yap sessions! 😊

I know once TravCon comes to an end — booooo!! — real life hits fast. The shifts, the exhaustion, the burnout creeping back in like it never left. So before that happens, here's how we keep the party going..

COME FIND ME ON INSTAGRAM 💕

I would love to hear what landed for you during our time together. Drop into my DMs, say hi, tell me your biggest takeaway!

@healthyinhealthcare_



AND HERE'S YOUR BONUS..

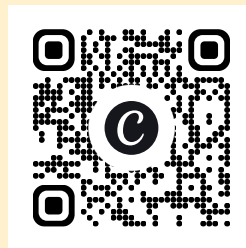
I'm hosting a FREE live masterclass where we're conquering burnout so you can actually live life as more than a burnt out human in scrubs — and reach those goals you just wrote down in this workbook.

 **BURNOUT RECOVERY RESET — LIVE**

 **September 29, 30 + October 1**

Three days. Free.

Save your spot here →



XO, Mary 💕

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