

Working Out on the Road:

by Allie Comeau on September 13, 2007



If you travel a lot for business (or pleasure), then you know how tough it is to stick with a workout plan while you're on the road. Conferences, client dinners, appointments and training seminars can really drain your energy levels. By the end of the day, you're probably thinking more about ordering a movie in the room than you are about working out.

But staying fit while traveling isn't impossible. If you work out at home, you'll feel much better if you keep it up while you're away. Most hotels, especially those that cater to business travelers, have some sort of exercise room or gym equipment you can use.

If you'd rather skip the gym, or your hotel doesn't have one, you can always be your own personal trainer. Here are a few other ways to stay fit while traveling:

1. Pack a resistance band in your suitcase. Bands are super lightweight and can be stuffed in the smallest of bags. If you don't feel like hitting the hotel gym, you can tone up in your room.
2. Grab a trail or park map from the concierge and go for a run or a long walk. Just be sure to stay in safe neighborhoods and don't venture out alone after dark.
3. If you're traveling in the winter and don't like to exercise in the cold, head for the nearest (and least crowded) stairwell and run up and down as many times as you can. If you've ever ran stairs, you know how great a workout this can be.
4. If your hotel has a pool, do some laps. If they only have a hot tub, sit in it after you work out.
5. Since you've likely got a room to yourself, you could also turn on the radio or music channel and dance like no one's watching. No one needs to know.
6. Pack your favorite workout video or DVD. You can always play the DVD on your laptop if the TV in your room doesn't have the option.
7. Remember the Presidential Fitness Test you had to take in middle school? Jumping jacks, push ups, squat thrusts... they may have gone out of "style", but they still do what they always did—help you burn calories.
8. First thing in the morning is the best time to get a workout in when you're traveling. There are too many potential distractions later in the day—impromptu dinner plans, sightseeing opportunities, meetings with new clients or friends, nightlife. Plus, if you work out in the morning you'll be on track for a great day.
9. Be sure to pack your workout clothes and shoes (even if you just plan on dancing around the room). Seeing them every time you open your suitcase will remind you to get moving. And if you decide to work out in the room, be sure to dress for it. Just like putting a suit on for work makes you feel professional, donning your gym clothes will make you feel like sweating.
10. Remember that working out on the road is about maintaining. Don't expect to lose 5 pounds while you're at that conference in NYC. And don't stress if you're doing less than you would at

home—it's enough that you're doing *something*. Even the shortest workouts will keep your energy levels up and help you deal with the stress of being on the road.