

Keep Your Workouts Consistent While Traveling

For those who have made fitness a habit in their lives, unforeseen changes in your schedule don't trip you up too much. Congrats. You have a plan, because you know you have to get it done, plain and simple. This isn't for you.

For those of you who are in smack dab in the middle of making healthy changes in your life, listen up.

A change in your routine can be one of your biggest obstacles to sticking to your routine, and [summer](#) is travel season. If you travel for work year round, you know how it turns your day upside down, but add summer vacations out of town as the weather heats up,

and it's easy to say "screw it" and start back up when you get home. Consistency is key, even if you are out of town, and a lot can be undone in a few days of "screw it."

So, how do you make sure not to let these changes affect your workouts? **You gotta have a plan.**

Sticking to your workouts on the road is easier, if you know what to do. Check out these tips for making sure you are prepared to keep rockin' your workouts:

- **Check out the accommodations of where you are staying before you leave.** If your hotel has a [gym](#), use it. Find out the hours its open, and plan your designated workout time before you even check in. If there is no gym, no problem. You still have open floor space in your room, and you can always take it outside. Check out [RunThePlanet.com](#) to find great run and walking trails in your area.
- **Pack smart.** Bring equipment with you for quick workouts in your room. If you don't want to pay hundreds to fly heavy weights or medicine balls in an extra suitcase, pick the light stuff. Resistance bands and DVDs are light to pack, and you can always use your big, bad self. Body weight exercises like pushups, squats, lunges and crunches are effective and take no equipment at all done right can get you fast results in little time.
- **Bring your routine.** Write it down on a piece of paper, bring a journal or a workout log, but have your routine laid out already for you. You'll save time by knowing exactly what you need to do, and if your schedule is jam packed, you can do a little at a time, filling it out as you go, without losing track.
- **There is always time, no matter how packed your schedule is.** Make the time. Wake up early to get your workout in, if you know you will be exhausted at the end of the day. If you followed the tip above, ship away at it every time you have a few minutes: after you shower, after you change, when you first wake up, before you go to bed, and sprinkled in through out your day.
- **Make every bit count, by counting every bit. Keep moving.** If you are standing in line, do calf raises. Take the stairs, walk instead of drive, or even just park far away and take the long way to the route. Anything you can do to not stand around doing nothing, do it. Strap on a pedometer and aim for 12,000-15,000 steps a day. It might not be the most intense cardio, but it's something and it adds up.

A change of routine is good, but being out of your element makes it hard for new habits to stick. Make a plan, stick to it, and be proud that you are taking your fitness seriously.

Ask a BP Wellness Center staff member for more ideas on how to stay active on the road.



