



ONE ON ONE FITNESS TRAINING  
WELLNESS SEMINARS  
NUTRITION

## On the Road, Staying in Shape

Vacation is a time when we let our hair down, recharge emotionally and spiritually. We may indulge in foods and activities we don't often have an opportunity to experience while maintaining a busy schedule at home.

Traveling whether for business or pleasure can be challenging with car travel and long stretches of sitting in meetings leaving us stiff and fatigued from "not doing" anything. Air travel with its canned air quality, dehydration, time zone changes, delayed flights and security lines may leave us tense and disoriented. Spending "Twenty-four/Seven" with those we work with or family members may make us edgy and feeling less than communicative.

We book a hotel with a workout room only to find that the equipment that has had little or no maintenance and is actually questionably safe to use. If we have planned our vacation or time away well there is a balance of relaxation and physical activity, such as hiking, swimming, and bicycling. Vacations and business travel can at times be thought of as times when we leave our routine exercise program behind but before making that decision here are a few facts that you may want to consider.

"Detraining" begins in the first week without exercise - adrenaline and beta-endorphin levels drop, and your mood may go south. Muscles begin to tighten from disuse and flexibility begins to dissipate. Your second week may bring restless sleep and your body's ability to use oxygen drops by three to five percent. By the end of the second week your ability to perform endurance activities begins to decline and the gains you made by daily visits to the gym on your cardiovascular endurance and speed begin to diminish. By the third week of no exercise walking upstairs is a chore and an arm wrestling contest is definitely out of the question.

If you are like most people, after a two-week vacation it may take you one or two weeks to get back to the gym. Needless to say the process continues and within eight weeks or more with no exercise, practically all gains in cardio endurance, sport specific skill (golf, basketball, tennis) deteriorate and muscle strength erodes by 30 to 40 percent. Knowing all this it would make sense to include a short but sweet workout regimen on our vacation. In all practicality time at the gym may not be available. Below is a recommended program that requires little or no equipment. The program is designed to be done in your hotel room or in the home of those you are visiting. You may even be able to do this while you waiting for your spouse to shower, friends to pick you up for dinner or waiting for family members to return from a tour of the car museum.

**Travel Workout:** You can now do a workout while on the road, exercise bands with handles or dyna-bands pack small and can increase the intensity of exercises you perform. Below are a few recommendations to help you get creative when planning time away either for business or vacation.

### **Maintenance**

to preserve the muscle condition you have

Stationery Lunges  
Body weight Squats or hold gallons of water  
Side Lunge  
Single Legged Squats, leg up on chair or bed  
Wide Push-up (chest), knee on floor if necessary  
Pull-up on bar at a playground or school yard  
Standard Push-up (upper back)  
Against Wall Handstand/Push-up (shoulders)  
Bicep Curls holding Water bottles  
Close Hand Push-up (triceps)

### **Get Moving**

Some cardio daily, preferably at 75% of max. heart Rate (220 minus age)  
Outside walking, average person walks 1 mile in 15 minutes  
Hotel stairs  
Swimming, either laps or walking in shallow end  
Dancing

### **Nutrition**

Avoid sugars and fried foods, limit alcohol intake  
Eat small, multiple meals, carry cooler with fruit, canned tuna, unroasted/unsalted almonds  
12 to 18 grams Protein, each snack  
Eat Complex Carbohydrates before 5 PM  
Eat Fibrous fruits and vegetables after 5 PM  
Limit fat intake to 20 to 25 grams daily, unsaturated

### **What to pack**

Swimsuit                      Running shoes  
Sport Socks                  Water Bottle  
Dyna Bands/Exertubes (most packages come with instructions)

### **Therapeutic**

to maintain flexibility - Daily 8 to 15 min.

Yoga, Pilates, or other disciplines from home  
Back flat on floor Hamstring Stretch  
Kneeling, alternate Leg/Arm Raises (lower back)  
Tennis Ball Squeeze  
Standing Single Legged Circles  
Seated, legs apart Leg Raises  
Standing Calf Raises, on phone book  
Abdominal Crunches