

Hitting the Road and Staying in Shape  
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Maintaining your health and fitness while traveling can be highly challenging, whether you travel chronically for business or just get away once in a while for vacation. Regardless of the reason, there are many things you can do to work healthy habits into your trip and minimize the damage!

If business travel is part of your life, stress and dehydration are two of the top two health issues you'll face, says Scott Schaffer of Snap Fitness. "Your body is already coping with the unfamiliar schedules, environment and food, so to maintain, realize the benefit of using exercise to de-stress instead of just trying to reach a personal fitness goal".

Local trainer and businessman, Bill Haynes, reminds us that most business-based hotels have a small gym with basic equipment, a partnership with a local gym or club, a pool, and routes planned out for walkers or runners if you ask at the front desk. It also helps if you pack a set of tubing (resistance bands); super easy to travel with and a great way to get some resistance training no matter where you are.

Kyle Will of WRP Training Studio counsels his traveling clients to "get in the habit of working out in the morning, as typical business trips mean cocktail hours and dinner obligations after a long workday. Make sure that you don't look at our business trip as a vacation from fitness. What happens in Vegas will follow you home and make your next workout that much harder!"

Since most business travelers are used to long layovers and cancelled flights, consider these down times a great chance to get some exercise in. Take the lead from the many pilots and flight attendants who travel for a living and bring a pair of running shoes and some basic workout clothes in your carry-on. Check out [www.airportgyms.com](http://www.airportgyms.com) to see if there is an airport gym, gym near an airport, airport fitness center, airport workout or exercise club in or around the terminal you are passing through, in the U.S. or Canada.

If you hit the road for vacation, most trainers recommend that you embrace the chance for variety. Gary Hughes, owner of the Bend Downtown Athletic Club and long time Bend fitness expert, recommends that you make it an opportunity to do something different. “Go on line and find some different places to train before you leave. When you try a different gym, yoga or Pilates studio, or running or hiking trail, you can be exposed to different philosophies, equipment and environments, not to mention that you will be incognito and may be willing to try something new that you may not do at home”, says Gary.

If you are going rustic and not shooting for a vacation where you will find a hotel or gym, you can always work with whatever you have available. Julia Sandvall, trainer and water exercise instructor at the Athletic Club of Bend can get a great workout on a camping trip. She recommends a picnic bench for push ups, dips, sit ups, ab tucks and single leg squats, using firewood for shoulder presses, tricep extensions and bicep curls, and if you are by the water, shallow water running can be done anytime to keep your cardio base up.

All fitness professionals agree that although working out on the road will make you feel and sleep better, watching your nutrition is always a must for a healthy trip. “Food affects our moods and energy levels just as sure as any drug” says James Engum of Living Fitness. “Overindulgence while on the road will require an adjustment period when you return (kind of like a hangover) so the more you can stay on track while you’re away, the faster your progress can resume when you return. Let’s face it, nutrition is where the battle is won or lost”. Packing healthy snacks for plane travel, long car rides and days with long outings is a must. If you stay at a hotel, make sure there’s a fridge in the room, try to choose one that’s close to a grocery store, and don’t be shy about ordering healthfully at restaurants. It’s easy to use travel as an excuse to overindulge, and you certainly want to enjoy yourself, but it doesn’t have to be every meal, every day through the whole trip! As James advises, “Ultimately it is your commitment to yourself and your health and fitness that will see you through to the finish line. It doesn’t matter where you are.”