



**STAY  
ON TRACK  
WHILE  
TRAVELLING**

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# Getting To Your Destination

One of the first things to upset the rhythm of any fitness program is the travel time itself – whether that's long drives, or sitting on a train for hours, or flying half way around the world and dealing with jet lag, there are many things you can do to stay as active and eat as healthily as possible.

## Long Drives

**Drink** plenty of fluid – more often than not, modern vehicles are fitted with automatic climate control – this is incredibly dehydrating, so taking plenty of water on the journey is beneficial

**Stop** regularly and often – plan for 'pit stops' as part of your route and allow 20-30 mins at each stop. Yes, this may mean leaving a little earlier, but the benefits are worth it. During these stops, move as much as possible – walk around the perimeter of a services car park for 15-20 mins; 10 mins one way down a country road and 10 minutes back. Use this time effectively and make phone calls or check and respond to messages rather than doing so sitting in your car. Perform some light stretches, body squats, lunges or similar to get the blood flowing having sat down for a number of hours.

**Avoid** high carb / sugary snacks – as you will be relatively inactive in comparison to a normal day, keep snacks to as low calorie as possible and whenever you can, make them high protein:- nuts, rather than crisps; yoghurt rather than ice cream; water or diet soda; cold meat cuts (e.g. chicken / turkey) and salad instead of a sandwich or wrap.

## Train Journeys

In addition to the above, and in the absence of the ability to stop and walk – get up from your seat every 45 mins and walk from one end of the train to the other and back again.

## Flying

Keep well hydrated – aircraft air-conditioning is worse than a car, so keep plenty of water on hand. Avoid excessive caffeine and alcohol. Both are dehydrating in the environment of an aircraft cabin and will also affect any chance of sleep if it's needed.

Take healthy snacks with you – aircraft food is rarely wholesome or filling, and getting off a long-haul flight hungry, may lead to a food binge that you don't need at the start of a journey.

Move on the aircraft as much as you can – head to the vestibule occasionally to stretch or even do some squats to get the blood moving in the legs.

## Tips On Conquering Jet Lags

Whilst it is almost impossible to avoid jet lag completely regardless of what class you fly, below are some tips I have used to help with regular flights to and from the UK and Australia, the far east or the US.

Get into the time zone of the destination as fast as possible – as I board, I work out what time it is where I am going and try to get into a routine aligned with that time rather than the origin. E.g. a late evening flight to Australia from the UK normally means it's the morning Downunder. So, rather than having dinner on the aircraft and going to sleep, I will stay awake as long as possible.

Generally speaking, the stopover for Australia will be in Asia, so that gives you 11-13 hours of flying time – so try to stay awake for at least the first 6 or so hours. Grab some sleep just before landing at the stopover.

On re-boarding – whilst it may be the morning in the current time zone, it will be evening at the destination – so this is the time to try to get to sleep for the rest of the journey as you'll invariably landing in the early hours of the day.

**This is only an example of a suggested routine and obviously will need to alter depending on the destination – but you get the idea.**

Again, keep fluid levels high, avoid excessive alcohol and caffeine.

You'll need to take some food with you if you follow the above as it may mean missing meal services if you're asleep.

Invest in a good quality pair of noise cancelling headphones – drowning out the drone of the aircraft (and screaming babies) will help get some needed rest.

If have to do any work whilst on the flight – give your eyes a rest from the laptop every 45 mins or so, stretch your legs and get some water.



# Prior To Arrival

Prior to travelling, it's always worth doing a bit of research and planning ahead of time. Here are some tips on what to consider when booking or heading on a business trip:

If you book your own hotel, ensure it has a good gym / fitness centre.

If you're unable to book a hotel with a gym, research the local area to see what commercial gyms are available and can be used on a casual basis.

If you're not staying at the venue of your conference or meeting, book a hotel slightly further away but within walking distance and make sure you walk to and from each day.

Research local parks, tourist spots and walking routes so you have options to get some extra steps in throughout your stay.





# 30 Minute In-Room Workout

If you don't have access to any kind of gym – try this 30 minute in-room workout.



## Warm Up

**JUMPING JACKS** Perform one minute of full armed jumping jacks to get the body revved up and ready to go for more exercise. One full minute will have you breathing harder.



## Bodyweight Routine

**Do each exercise for 60 seconds**

**PUSH-UPS** Perform max reps or push-ups, aiming to complete as many as possible in a full one minute. Be true to the push-up form and bring the elbows under a 90 degree angle to get more benefit from the exercise.

**MOUNTAIN CLIMBERS** Make sure to keep the hips lower to the ground and avoid arching the buttocks in the air during the mountain climbers. Perform one full minute of mountain climbers.

**ALTERNATING LUNGES** Hands should stay on the hips the entire duration of the set. Aim to complete max reps of each leg and try performing quicker alternating lunges to get more work from your thighs.

**TOE JUMPS** Shift your body weight on your toes and jump up and down on your toes as best as possible, attempting to avoid touching the heels on the ground. Perform a full minute of toe jumps.

**BODY WEIGHT SQUATS** Feet spread wide past your shoulders and you should lower your glutes so that the calf muscles touch the glutes when lowering down. This is called a deep squat and will work your glutes better than any other squat variation. Perform maximum reps of the deep squat.

**ABDOMINAL CRUNCHES** Once you are lying supine on the floor, your hands behind your head, you will only lift your shoulder blades off the floor while keeping the abs tight. Perform maximum reps of the abdominal crunch.

**SUPINE STRAIGHT-LEG LIFTS** Following the crunches, straighten the legs and lift the feet about six inches from the ground and hold for about 60 seconds (or maximum time). Make sure to count aloud during the lifts to help distract your mind on counting.

**Rest 60 seconds and repeat two more times for a total of two sets.**



## Resistance Routine

**Grab a couple of 1.25 litre bottle of water and perform the below circuit for two rounds:**

**WEIGHTED SQUATS** Stand with feet hip width apart and a bottle in each hand. Keeping your back straight, squat down to the point your upper legs are just below parallel with the floor. Perform 20 reps.

**CHEST FLY** Lie on the floor with knees bent. Retract your shoulder blades and lock into place – shoulders should remain in contact with the floor at all times. Stretch arms straight out to your sides at shoulder height, holding the two bottles of water, palms facing up. Without lifting the shoulders, and keeping your arms straight, raise the two bottles up and towards each other until arms are straight above you – focus on trying to get your elbows together, rather than hands, to get a good contraction in the chest. Slowly lower arms and pause just before touching the floor to keep the chest contracted. Repeat movement and perform 20 reps.



**SHOULDER PRESS** Standing with feet hip width apart and knees slightly bent, retract your shoulder blades back and down, locked into place. Hold the bottles of water out to your side at ear height – arms should be bent at slightly less than 90 degrees with shoulder back and chest up. Press the bottles of water above your head until your arms are straight above you, pause and lower to the starting position. Repeat for 20 reps.

**LATERAL RAISES** Maintaining the same stance as above, bring the water bottles down by your sides, but with your hands rotated inward so the water bottles are almost across the front of your thighs. With straight arms, raise the water bottles up and away from you to just above shoulder height. Rather than raising arms directly out to the side, keep arms at between a 30 - 45 degree angle in front of the body. Pause at the top, and slowly lower to the starting position. Perform 20 reps.

**BICEP CURLS** Maintaining the same starting position as above, rotate hands outward so palms are now facing forwards. Perform reps with alternating arms, leaning slightly to the working side so that the arm is vertical at the bottom position and the curl is performed in a straight line. Slowly curl the water bottles up so that forearms are just above parallel to the floor, pause and squeeze the bicep before slowly lowering to the starting position. Perform 20 reps.

**TRICEP EXTENSION** From the starting stance above, bend forward at the hips, and rotate hands to be facing your body, upper body parallel to the floor. Lock your upper arms to your side, forearms at 90 degrees below the elbow. Extend the water bottles up and behind you by fully straightening your arms. Pause at the top and squeeze the triceps before slowly lowering to the starting position. Repeat for 20 reps.

## Nutrition

Watching what you eat whilst travelling can be challenging if you have minimal control of when and where you eat. However, with some careful consideration and a bit of forward planning, you can remain on track as closely as possible. Here are some tips that I followed throughout my own transformation and helped me avoid straying too far:

## Breakfast

**It's easy to go crazy at an all-inclusive breakfast buffet, but keep to the below suggestions and control portion sizes to set you up for a good day ahead.**

High protein choices – eggs, bacon, yoghurt, ham, smoked salmon. Avoid carbs such as toast, bread rolls, pastries and cereals. Protein will keep you feeling fuller though out the day before lunch and help you stay focused and mentally productive.

Black coffee & sweetener – a single latte can add as much as 300 calories to your intake. Water rather than sugary fruit juice.

If you have managed to exercise before breakfast, then you can include some fresh fruit or even indulge in a pain au choc or two with your meal!





## Lunch

Often we cannot control what is put before us, but where possible try and make wise choices. Where possible, bring your own prepared meals if you can. A visit to a local supermarket may provide you better options than the standard sandwich platter!

Avoid bread / sandwiches / wraps – fill up on salads and cold meats where possible. If sandwiches unavoidable, opt for high protein fillings and keep to a minimum – potentially, eat the fillings only and put the bread aside.

Opt for fresh fruit rather than cakes and pastries.

Stick to water / diet soda's.

If dining in a restaurant or for a more extensive buffet use the same suggestions as below for dinner.

If you know you have a large meal ahead of you in the evening, keep portion control down during the day to 'bank' some calories.

Avoid alcohol at lunch – it will impair your afternoon and add too many calories to your day.



## Dinner

As with lunch, making wise food choices will help you stay on track as much as possible.

Look for words on menus like “grilled”, “steamed”, “baked” or “poached” and avoid “fried” or overly sauce laden meals.

Ditch the side order of fries or potatoes, stick to salads or veggies.

Don't be afraid to request changes to menu items – e.g. sauces or dressings on the side, preferred cooking methods, etc. Most good restaurants will be happy to oblige rather than upset a diner.

Keep carbs to a minimum unless you managed to get a workout in before dinner – then stick to things like sweet potato rather than pasta.

As always, avoid excessive alcohol. However, if you've managed to 'bank' some calories from the day, a couple of drinks won't break the diet too much. Stick to white spirits (gin / vodka) and low / no – cal mixers. A couple of glasses of red wine can actually have some minor beneficial health effects.



# Additional Practical Tips

Get extra movement into your day:

Drink plenty of water each day.

Walk around airport terminals rather than drinking in the lounge.

Take advantage of a bit of jet lag and get up 30 mins earlier each morning and go for a walk. Ditch the taxi wherever possible and walk to meetings / venues.

Do some site seeing if you get some down time – get off the beaten track a little and go discover some new neighbourhood. Go for a walk at lunch time and catch up on calls / messages / emails on the go. Hire a bike to get around during your stay.

Make a small daily commitment and track your activity as you normally would and reward yourself for keeping your step count up.

Stock up on healthier snacks at a local convenience store, rather than filling up on sweets and sugary snacks normally provided.

Pack your workout gear every trip – just having it with you will inspire you to use it, rather than leaving you and excuse not to workout if you don't have it with you.

Get plenty of sleep – in addition to any jet lag, long nights out with colleagues will not help in sticking with your goals.

Stay connected with family and loved ones while away – having to call the kids to wish them a good night is a great excuse to leave the bar!



# Common Mistakes To Avoid

Not drinking enough water – keep hydrated!

Excessive alcohol – don't be tempted or bow to peer pressure from colleagues into long drinking sessions or taking advantage of the lounge before a flight.

Skipping breakfast – this is the one meal where you may have more ability to choose what you eat. Also, being hungry throughout the day may lead you to over-indulging at lunch or dinner.

Remaining sedentary – keep moving whenever you have the chance – every little step helps – literally!

Taking naps – this will make the effects of jet lag worse – try to stick to a normal routine no matter what time zone you're in.



# CONTACT

**Paul Wallace**

 paul\_wallace\_fitness