

Staying Fit While You Travel

Does your training schedule get out of whack when you travel? Do you just forget about exercise until you get home? As the holidays quickly approach, many of us will be traveling to visit family and friends, but that doesn't mean your fitness routine has to go out the window until January 1st!

Proactively mapping out a training plan prior to your trip can help maintain your fitness level when you travel. Here are four tips that will help you stay on track when you're on the road.

Plan Ahead. Contact your hotel or visit their website to confirm the type of facilities available. Knowing the type of equipment or facilities in advance allows you to pre-plan your training sessions and maximize your training time. Schedule your training time into your days prior to reaching your destination. If you wait until you get there, you may never find the opportunity to make time for yourself.

If your hotel does not offer a fitness facility, ask if they have an affiliation with a [local health club](#). If you are staying with friends or family, see if you can get a guest pass for their local club. You can also check the Facility Finder at [spinning.com](#) to see if there is a facility near your hotel that offers free Spinning classes with the Class Pass program.

Consider Alternative Methods. Embrace the surroundings of your destination to add some variation into your regular training regimen. If you are near the beach, consider a walk/run on the beach rather than using a treadmill, or try taking the stairs to your room instead of using the elevator. If a group exercise schedule is available, participate in a class format that is new to you, such as [yoga](#), Pilates, core conditioning or [kick boxing](#).

Pack a workout kit. You may not have enough time to make it to the gym during your trip, but that doesn't mean you can't fit in a little exercise. Even 10 minutes of exercise will have a positive effect on your mental outlook. The following lightweight items are a must for your kit:

- **Resistance tubing/bands** for [resistance training](#).
- **Jump rope** for a quick cardiovascular workout.
- **Water bottle** to keep you hydrated during your training session.
- **Portable CD or MP3 player** to keep you motivated during your workout.

Divide your workout into three components: cardiovascular, strength and flexibility, each consisting of 10 minutes duration. Designing your plan in this format allows you to adapt your training session according to the amount of time you have available.

Eat healthy. There is nothing more tempting than that candy bar in the mini-fridge. Curb your temptations by having [healthy snacks](#) readily available in your room. Visit the local grocery store to purchase a few items or pack pre-made portioned snacks such as almonds, raisins, whole-wheat crackers, pre-cut vegetables and fruit. Don't go overboard when eating out. Drink water frequently to keep muscles well hydrated.