



LOST IT AT THE CLUB TIP #2

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Trainer Tip of the Week from Jamie Arion

Travel Fitness – Make it happen

It is easy to let a vacation or business trip destroy your fitness schedule and eating habits, but why let something as rewarding as a vacation or as exciting as a business trip leave you feeling unhealthy upon return??

With a little research and proper planning, you can create an easy to follow plan to keep you fit and healthy no matter where you travel, and you can come home feeling more healthy and energized than when you left.

There is no excuse for not finding places to exercise when every city has a great staircase, stadium or tall buildings where you can master the stairs without a machine. If stairs are not your thing, cities have lots of places good for walking, running or even hiking. Ask the hotel concierge if there are parks or trails nearby.

Prior to departure on your trip, find out if your hotel has a workout facility and a pool, and remember to pack your bathing suit and workout clothes. If they do not have a facility, they may be affiliated with a local gym where you can get a one-day pass for a small fee.

If your hotel does not offer fitness accommodations, bring along a jump rope and an exercise band. They both are lightweight and easy to transport. With the exercise band and a pre-arranged workout program to keep you motivated, you can keep your entire body toned and energized without entering a gym. And of course, body weight exercises such as push-ups and ab crunches require no equipment at all. You might even want to invest in a

session with a World Gym trainer to design a travel workout just for you!

What are the key points to Travel Fitness?

- **Have a workout routine that suit your goals, needs and then follow it.**
- **Plan a specific time each day or every other day to do your workout.**
- **Always drink plenty of water, particularly if you are flying.**
- **Prior to entering a restaurant, choose to eat healthy and stick to your plan as closely as possible.**
- **Pack portable, healthy snacks so you will not be caught hungry. You may want to try *Advocare Snack Bar* or *Fruit & Fiber Bar*. Both are a perfect solution and contain 140 calories or less and both have protein to help keep you feeling satisfied. Beware of other bars that are loaded with sugar and empty calories. Read labels!**
- **If you decide it is a splurge meal, balance out your eating plan by choosing lower calorie foods at other meals. With only 220 calories and a combination of vitamins, minerals, 5-6 grams of fiber and 24 grams of protein, *Advocare Meal Replacement Shakes* are a perfect way to balance out a high calorie meal.**

Be sure to enjoy yourself and make the most of the area to which you have traveled. But remember it is ok to allow some time for yourself every day and allow yourself to exercise and improve your health.

Happy Safe Travels!!

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