

## **Don't let business travel derail your fitness goals**

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Squeezing regular workouts in between client meetings and business dinners can be a challenge, especially when you're operating out of a hotel in an unfamiliar city.

Here are some practical tips to ensure a hectic schedule doesn't interfere with your fitness goals

### **Keep your gear packed**

You're less likely to work out on the road if you have to hit the shops when you arrive for a new set of gym clothes.

Many business travelers keep a bag partially packed with essential toiletries to avoid scrambling when a new trip pops up.

I'd say - do the same thing when it comes to your workout stuff, always have workout gear in the bag so you don't have to think twice about it."

A pair of gym shoes that can double as running shoes, a sports top, shorts and a light jacket will usually do the trick. My personal favourite at the moment has to be the Nike Free 3.0 running shoe - Perfect for travelling due to its virtually non-existent weight and collapsible size.

### **Work out in the morning**

An early workout gets you started with vigour and ensures that exercise makes it into your schedule.

It's more likely to happen as client meetings and dinners can often, un predictably over run. This is also a great way to shake of jet lag and focus the mind for the day ahead.

### **Find out about gym partnerships**

Your home gym membership may allow you to work out at its other clubs across the country. Just phone the club and ask.

Even if your gym does not have branches in other regions, most hotels will partner with local gyms.

### **Try to avoid Jet lag**

Try to adhere to these simple but highly effective ways to avoid Jet lag –

- Drink plenty of water before, during and after the flight to avoid dehydration.
- Avoid fizzy drinks, high sugar juices, coffee and energy drinks.
- Don't drink lots of alcohol or take unnecessary medication while in flight.
- Sleep well before the flight and during long journeys if you can.
- If you're traveling west over four or more time zones (to New York, for example) make sure you get bright natural light in the early evening. This will help you to adapt to the new time.
- If you're going east back to the UK, try to return at around midday to get the brightest light of the day. Wear eye shades on the plane and try to stay in the dark and quiet.

### **Pack emergency food**

Avoid getting stranded with unhealthy vending machine options by packing a few things that will tide you over.

I suggest my clients travel with a nut and seed mixture, fresh fruit and occasionally meal replacement supplements.

These simple snacks will help to maintain blood-sugar levels and avoid periods of excessive hunger. This may be your only good meal?!

3 Snack ideas -

1. Customize your own trail mix with foods that you really like. Combine proteins such as nuts with dried fruits for a satisfying travel snack food
2. Pack a re-sealable bag with veggies and a re-sealable container with something to dip the veggies in. Celery and peanut butter
3. Raw Almonds are great for banishing belly fat and are a great source of protein. Be careful not get too carried away, you only need 21 almonds which is one serving ... more than that gets you into dangerous territory.

## **Don't let stress determine what you eat**

Travel is very stressful on the body, the first thing we do is we turn to something that's very comforting.

Resolve ahead of time to stick to your healthy routine -- working out early and packing healthy snacks will help.

Then make healthier meal choices when you have a chance to slow down.

Most restaurants do tend to have at least one or two options that are a lot more sensible than other options.

## **Learn how to order in restaurants**

The most important tips that you must remember are –

1. If you are going to eat out, think about what you are eating during the rest of the day so you can plan well and not blow your “calorie budget”.
2. Have it your way. Restaurants are in the business of serving customers. Don't be afraid to ask for items specially prepared the way you want them.

The Plan: When you know you're going to eat out, think about what foods you'll choose over the whole day. For example, plan on a light lunch if you'll eat out at dinnertime. Try not to skip meals, which may make you overindulge later. And most importantly, try not to show up at the restaurant famished! If you'd like to splurge on a higher calorie entrée, plan to skip dessert, and commit to sticking to your plan once in the restaurant.

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