

How to take your workout on the road  
By Anna D'Anna

Do you travel for business?

Are you finding it hard to workout because of this? Here are some tips on how to keep in shape when on the road.

- Try and book a hotel with a gym. Check out the website [www.fitforbusiness.com](http://www.fitforbusiness.com) before you make your reservations. Some hotels also have an arrangement with local gyms in the area.
- Run/Walk- All you need are your sneakers. Running/walking is a great way to keep your cardio up and find your way around a city. I do this when I am on vacation. I wake up early, run the neighborhood and then come back and report to my family where the parks are, the restaurants, the train station, etc. I love to explore. To prevent getting lost, I try and run on straight roads or in a giant square. It makes it easier to figure out how to get back to the hotel. Also, the front desk at most hotels have a printed map of a path or route that you could follow near their facility. If you feel unsafe, by all means, stay indoors. Never put yourself in danger or run in the dark in a location you are unfamiliar with.
- Pack your workout equipment. Simple bands with handles and bands that go around your ankles are perfect for travel. They weigh less than 2 lbs. You can work your whole body with these tools and do jumping jacks, step ups (onto a sturdy surface) or jog in place in between your band exercises. It's a great way to do interval training. Don't forget your pushups! You can take them with you wherever you go.
- On Demand –many hotels have a special channel (there may be a slight charge) that airs fitness videos all day long. They should be geared to things that you can do from your room.
- Find a nice flight of stairs – go up and down and up and down – come home with a great butt!
- These are not perfect remedies, but 30 minutes here and there are going to add up and make you feel a lot better than skipping your workout for a few days or longer.
- Eat healthy and keep alcohol at a minimum. This will keep you from adding unwanted calories.
- Enjoy your next trip.

For exercise bands – try [www.performbetter.com](http://www.performbetter.com)