

Quick Fitness Guide For Traveling Professionals



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Check Out the Facilities

Call ahead before you arrive at your destination to find out about the facilities

- Find out if your hotel has a workout room. If so, what kind of equipment do they have?
- Find out if your hotel has a contract with a nearby gym so you can work out for free.
- If you decide to workout at a nearby gym, how will you get there and back to your room?

If your hotel can't help, you can easily find [health clubs near you](#) and their hours using the internet.

If you plan on exercising outdoors, ask the hotel staff about safe routes for [walking paths or running trails](#).



Pack for Fitness

After you check out the facilities, pack accordingly. Your travel-workout essentials may include:

- Athletic shoes
- Exercise clothing
- Swimsuit
- Jump-rope
- Resistance tubing
- Tennis racket
- Music headphones or iPod
- Exercise videos or DVD
- Weightlifting gloves
- Flip Flops
- Water bottle



Choose the Right Exercises To Do

Choose exercises that fit your needs and the available equipment. It is important that you know the proper technique for all exercises.

[Exercise.com](https://www.exercise.com) and [Idealife.com](https://www.idealife.com) have great exercise video demonstrations

There are also [great exercises](#) you can do in your hotel room using minimum equipment.



Do the Right Workout

Design your workouts according to what you have access too.

[Makeoverfitness.com](https://www.makeoverfitness.com) has a great workout library to choose from.

Keep a [workout journal](#) of your routine.



Road Eating Tips

Where and what you choose to eat is important to staying healthy on the road.

Make sure you pick [restaurants](#) that have healthy food options.

Know how many calories you are eating.

[Myfitnesspal.com](https://www.myfitnesspal.com) and [Calorieking.com](https://www.calorieking.com) have the best calorie counters.

Find a [grocery store](#) or market to buy and stock up on items like water, fruits, vegies high-fiber colorful foods, almonds, string cheese, fiber granola bars, skim milk and yogurt.

If you plan to drink alcohol, know how many calories you are consuming. Opt for [low-calorie cocktails](#) instead.

Keep a [journal of your meals](#)



Hire a trainer

If you need that extra push, it is not hard to [find a personal trainer](#) while on the road.