



TARGET TIPS

TRAVEL FITNESS: A PLAN TO HELP KEEP YOU ACTIVE

Whether it be for business or pleasure, traveling can be one of the biggest downfalls to maintaining your fitness goals-especially if you travel frequently. Exercising and practicing healthy habits is a lifestyle, so do what you need to keep it as consistent as possible. Here are four of our favorite tips for your next vacation or business trip!



METABOLISM MATTERS

An “easy” workout doesn’t mean an ineffective workout. But how do you know how far you can back-off and still make it worthwhile? The CardioCoach app is an excellent portable tool that will help you adjust to changes in your schedule and still coach you through your personal workout zones. Just download the CardioCoach app to your iPhone* and upload your VO_2 Max results. You can then access a variety of workouts that will be constructed based on your own personal workout zones. Because at KORR, we make it personal!

*(android version available Sept 2016)

1. Be Prepared - If you have intentions of exercising on your trip, prepare by packing the right tools. These tools may include exercise shoes and clothing, headphones, or lightweight exercising items like a jump-rope or resistance bands. By deciding ahead of time that you are going to exercise during your trip, you don’t have the excuse of not having what you need once you reach your destination.

2. Start Off Active - When you get to your destination, set the tone for the trip by immediately doing something active. Exercise in your room by using your own body weight to try yoga, aerobics, or some push-ups and plank. Use the hotel pool to swim laps, or check out the local parks and trails for some walking or running. The possibilities are endless!

3. Walking - It’s as simple as that. Walk places. This could be while you’re traveling, or once you arrive at your destination. Walk around the terminal while you wait for your flight, and get up a couple times during the flight to walk up and down the aisle. Once you get to your destination, try to see how often you can walk instead of taking a cab or the elevator. Take the stairs to your hotel room, or have the cab drop you off a few blocks early and walk the rest of the way to your targeted location. There are always opportunities to simply go on a walk, and you can make the choice whether or not to make it a priority.

4. Listen to Your Body – Traveling all day can be exhausting, especially if you’re changing time zones, but you can always choose to do a light exercise. Taking it easy may be just what you need, especially when the unpredictability of travel can wear you out! Remember, however, that regular exercise can help reduce stress and feelings of low energy, which might be just what you need to get down to business, or enjoy your vacation!