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A road map for creative babes recovering from the 9-5.

How To Stick To Healthy Habits While Traveling

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When we're on vacay, our focus isn't always fitness or healthy eating. Sampling local brews, nightlife and gourmet can be way more enticing than sticking with our healthier habits at home. Though, to be honest, in some countries you may find that despite eating and drinking non-stop, you lose weight by the end of your trip. A combination of food poisoning, lots of walking, and healthier, non-chemical ridden foods? *Maybe!*

Anyway, sometimes frequent travel makes fitness a challenge. We consulted an expert for ways to stay fit during long flights and after landing. **Personal trainer, nutritionist and exercise physiologist Franci Cohen** has your back, and she is a wealth of knowledge. Check out our interview with her below.

What do you think is the biggest challenge when it comes to bringing your fitness and wellness mentality with you when you travel?

The biggest challenge I see with my clients is that your daily routine changes on vacation. This throws you off, and makes it more difficult to work exercise into your schedule. For example, you may have a system of working out and tending to daily needs when you're at home, but when you're on vacation you're free to workout at your leisure... which often doesn't happen for sheer lack of planning.

So, you're crammed into a plane for a long flight—let's say from New York to Tokyo. How can you make that experience more healthy?

To make a long flight a more healthy experience, focus on these three things:

1. Get up, walk around, and stretch at least every hour*. Even if you can't exercise mid-flight, you have to move around to maintain proper blood flow and to avoid muscle cramps.
2. Pre-pack some healthy foods and snacks prior to boarding the plane. Fresh fruits and veggies are jam-packed with vitamin C to boost your immunity on a flight, which you can expect to be filled with germ-carrying people. You can also bring some lean protein like grilled chicken cubes, which is a great energy-yielding snack that will help keep you satisfied on never-ending flights.

3. H2O is the way to go! Stay hydrated to prevent lethargy, weakness, dry skin, and general discomfort. Every time the stewardess passes you by, politely ask for another water bottle and drink up.

What do you always bring with you on a flight?

Moisturizer, lip balm, soundproof headphone, my iPod, spider bites (a favorite energy snack), and a pen and notebook... because I don't know about you, but I've always got a brilliant idea mid-flight!

What are some creative ways to get exercise in when you're traveling to a brand new city?

Choose an exercise and a location in this new city that excites you, and combine the two. For example, if your traveling to Paris, and you love running outdoors, try running around the *Parc des Buttes-Chaumont* or even the Eiffel tower to enjoy the wondrous sights while you workout.

Any quick general tips for making travel less stressful on the body?

It's all in the details. Use good body mechanics when you lift your suitcases up to the check-in counter. Lift from your knees, not your back. Be aware of your posture as you carry your bags. Also, though you've left behind your daily routine, try to eat three meals a day and maintain a balanced diet with lots of fruit and vegetables**.

Want to keep your gym routine on lock despite being abroad? To find out if your gym reciprocates its membership with a gym where you'll be traveling, log onto the International Physical Fitness Association's Web site, or ask the front desk at your gym in advance of your trip.

* Consider booking an aisle seat for longer flights so you don't piss off your fellow passengers

** Beware of vegetables and fruit washed in water if you're dining in a country prone to give you an upset stomach. Stick with things that need to be peeled.