



## Road Warrior

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Sure, it's challenging to maintain your fitness regimen on a business trip, but it's not impossible. And in the last few years, options have grown exponentially.

Your life is beyond hectic. Your new job is great, but it requires business trips every other week. These trips wreak havoc on your family life and sleep schedule and put you behind on your favorite TV shows. Worst of all, they mess with your main outlet for stress relief—your finely honed exercise routine.

But travel doesn't have to throw you off track. With a little planning and creativity, you can still stay fit on your business trip. Here's how.

**Schedule your workouts.** Business deals over lunch and dinner, evening schmooze fests, and jam-packed meeting schedules may get in the way of your sun salutations, so you'll have to make a commitment to doing them. Treat your workouts like business meetings by adding them to your calendar. "Business is important, but your body is as well," says **New York City-based personal trainer Franci Cohen**. "Steal a few minutes from your shower time and another few from lunch, and together, these minutes will add up to give you time to exercise."