



# **Go-Fit On The Go**

**A User-Friendly Fitness Guidebook  
for the Healthy Traveler**

**Sophie Roy**

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# Go-Fit *On The Go*

## CHAPTER ONE

# NUTRITION

## The Challenge

Healthy eating is a trend on the rise, but also a challenge when traveling. Whether you are at home or on the road, it is important to have a healthy and active lifestyle. You can fight obesity, heart disease, stroke, diabetes and other preventable diseases by educating yourself about healthy nutrition and exercise.

Even if you are already living a healthy lifestyle, it can be difficult to be healthy in an environment that doesn't support your good intentions, like, for example, being hungry at the airport but surrounded by only expensive, high-fat food. Even when you don't have access to the same food you have at home, you can still make healthy choices for every meal.

"Fast food is fat city," says author Morgan Spurlock in *Don't Eat this Book*. Fast-food chains are everywhere, and if you eat there and don't choose wisely, you can easily consume 5,000 calories a day. However, it is becoming easier to make smart choices and eat in moderation in fast-food chains and at restaurants in airports, which are beginning to respond to customers' needs by adding healthier items to their menu. You still need to proceed with caution when choosing meals from fast-food restaurants: many of them have low-fat items on their menu, but these are often quite high in sugar and sodium (salt) instead.

**TIP:** According to recent surveys, the number of healthier food options available in the United States' busiest airports increased by seven percent in recent years. Miami International Airport earned the top spot, followed by Detroit's Metropolitan Wayne County Airport, Denver International Airport and Chicago's O'Hare Airport.

Before traveling, it's important to prepare yourself for your trip. In the next section, I will offer some tools and

advice on how to choose the right food, what kind of food to avoid, what to look for in restaurants, what to eat at airports or in fast-food chains, and what type of snacks you should pack or choose at a store.

I will give you some good old-fashioned tips for traveling and take you back to the basics of choosing food items based on the Food Guide Pyramid so you can enjoy that guilt-free meal and feel great!

### **Nutritional Tips for Traveling by Plane**

We have some unique nutritional challenges when we fly, so we need to learn how to create healthy meals out of commonly available food. What we choose to eat should not only meet nutritional guidelines but should also be easily transportable and available everywhere.

When you are tired or stressed (for example, when you're running to catch a flight), your body produces a hormone called cortisol, which increases cravings. The best way to deal with these cravings is to prepare ahead of time: eat a good meal before leaving and pack some snacks for the journey. This will help decrease cortisol production and help you resist temptation (and avoid drooling in front of a counter of cinnamon buns).

The Food Guide Pyramid is a great tool to refer to when you travel. Here are some of their recommendations:

- Eat a variety of healthy food such as fruits and vegetables, with little or no added fat, sugar or salt.
- Choose whole-wheat grains that are low in fat, sugar and salt.
- Drink 1% or 2% skim milk.
- Select low-fat yogurt or cheese.
- Have at least two servings per week of fish such as char, herring, mackerel, salmon, sardines or trout.
- Select lean meats such as poultry or alternatives such as tofu, beans and lentils, prepared with little or no added fat.



## CHAPTER TWO

# EXERCISE PROGRAMS

## Notes

**Finding Time to Work Out**

**A** great way to fit your workout into a busy day is to divide your exercise program into small portions of time or individual exercises.

A 20-40 minute cardio workout is the key to boosting your endurance. You can divide your workout into a 10-minute brisk walk, for example, followed by 20 minutes or more of strength training. You will increase your metabolism as well as your muscle and bone mass, and you will have more control over your weight.

Once you are settled in your hotel room, put on your running shoes immediately and take off for a 30-minute walk. Ask the concierge to recommend a good walking or jogging area, and then find a bench where you can do your squats, lunges, sit-ups, push-ups and stretches.

**TIP:** If the hotel gym is not fully equipped, look for a health club in the neighborhood that will give you access to all its facilities and charge you by the day.

**Equipment and Workout Gear**

To work out on your own, you will need exercise clothing: shorts or jogging pants, a t-shirt, and a good pair of running shoes. For exercise equipment, the only thing you need is exercise tubing, otherwise known as resistance elastic bands.

Exercise tubing are long elastic bands with two handles at each end. Their resistance ranges from beginner to advanced, and they are used to build endurance and tone the entire body. Best of all, they're light and easy to carry with you when you travel.

**TIP:** You can buy exercise tubing in any exercise equipment store, such as Sports Experts or Fitness Depot.

Before starting any exercise program, it is very important to consult your doctor if you have any medical condition or if you experience any pain during your workout.

## Notes

**Cardio Training Under the Weather**

If you don't have access to any health clubs or exercise equipment, use the *No-Equipment, No-Problem Exercise Program* section of this book on page 43 to guide you. You can also combine running in place for two minutes with a resistance training exercise between each cardio set.

When the weather prevents you from exercising outside, use the indoor stairwells to create your cardio exercise. Start on the first floor, climb 20 or more flights of stairs, then take the elevator back down and start again, this time taking two or three steps at a time.

**TIP:** If you exercise before going to bed, avoid high-impact cardio such as jumping, skipping, or running or heavy exercise such as strength training because it increases stimulation in the body and it will make it harder for you to get to sleep.

**Using Tubing in a Resistance Training Workout**

Movements in resistance training exercises are performed 8 to 12 times per set, and each set is repeated two or three times. Tubing is used to provide resistance to strengthen muscles, just as weights would in the gym. They are not heavy or large, but they do give you a workout if you use the right intensity. If you have completed the second set and you can still sing, then it's time to change the band's intensity.

**TIP:** Use the complete 30-minute resistance training workout guide below with your tubing for a full workout.

If you get tired quickly on the first set or if you can't complete all the sets, downgrade to tubing with less resistance. Every time you exercise with tubing, push yourself a little more to complete the entire set. As you gain endurance and strength, you will manage to complete the sets, and you can then increase the resistance.

**TIP:** The goal in resistance training is to work the muscle until it is fatigued. Once your muscle is no longer working hard, then you need to increase the resistance.

Try to complete the entire set until your muscles don't struggle or get fatigued anymore. When all the sets are easy to complete, then you can increase the intensity by either changing the tubing or by manually shortening it. For example, you can wrap the tubing around your hands or change where you stand on it.

If you experience pain when performing the exercise, try another exercise that targets the same muscle.

Here are some tips for exercising with tubing:

- Inspect your tubing for tears or rips before you exercise so it doesn't whip back at you if it's in poor shape.
- If you are using the band under your feet, place it on the arch of your foot so it will stay in place during the exercise.
- Keep your abdominals tight throughout each exercise to help protect your back.
- Keep a slight bend in your knees and elbows to protect your joints.
- Keep your head in line with your back and your wrists in line with your forearms.
- Perform each exercise slowly to make it more efficient and to prevent injury.

### **The Resistance Training Program**

**Frequency:** This exercise program can be done anytime during the day, three or four days a week, as long as you have a 48-hour rest period in between your resistance training exercise. Cardio training can be done every day. It is important to listen to your body and rest at least one day a week or when you feel tired.

**TIP:** To get the most out of your workout, perform all movements slowly and contract the muscle that is targeted.

*Notes*

You can do exercises such as push-ups, squats, crunches, lunges, and dips without tubing indoors.

**Repetition:** Do 8-12 repetitions (reps) of each exercise, rest for 30 to 60 seconds, and then repeat the exercise for another set or two.

**SQUATS**

Take one handle of the tubing in each hand. Stand with your feet shoulder-width apart on the middle of the band. Keep your elbows by your sides and your hands in front of your shoulders with your palms facing the wall in front of you. Slowly bend your knees until your thighs are parallel to the



floor, but make sure that your knees don't extend beyond your toes. Imagine that you are sitting down on a chair. Keep your back straight, your head up, and your feet flat on the floor with your toes pointing forward. Pushing through your heels, slowly lift yourself back up to the starting position. Repeat 8-12 times, take a break, and then begin the second set.



# Go-Fit *On The Go*

## CHAPTER FIVE

# SUCCESS STORIES

## Success Stories

**M**any people from different walks of life made the commitment to stay fit and take their good habits with them no matter where they travel.

These success stories are the experiences of real people, and they tell us that we always have a choice. You cannot change your height or the color of your eyes, but you can certainly change your unhealthy habits so that you can live in good health and prosperity.

These real-life experiences are success stories that illustrate how you can do anything you want when you truly put your mind to it.

All you have to do is commit yourself, and you will succeed!



## A User-Friendly Guidebook for the Healthy Traveler

**Is there someone you know  
who would benefit from reading  
*Go-Fit on the Go?***

This book is a great fitness reference book for travelers on-the-go, packed full of feasible, enjoyable and user-friendly advice!

To order extra copies, simply photocopy or remove this page and mail to the address below.

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