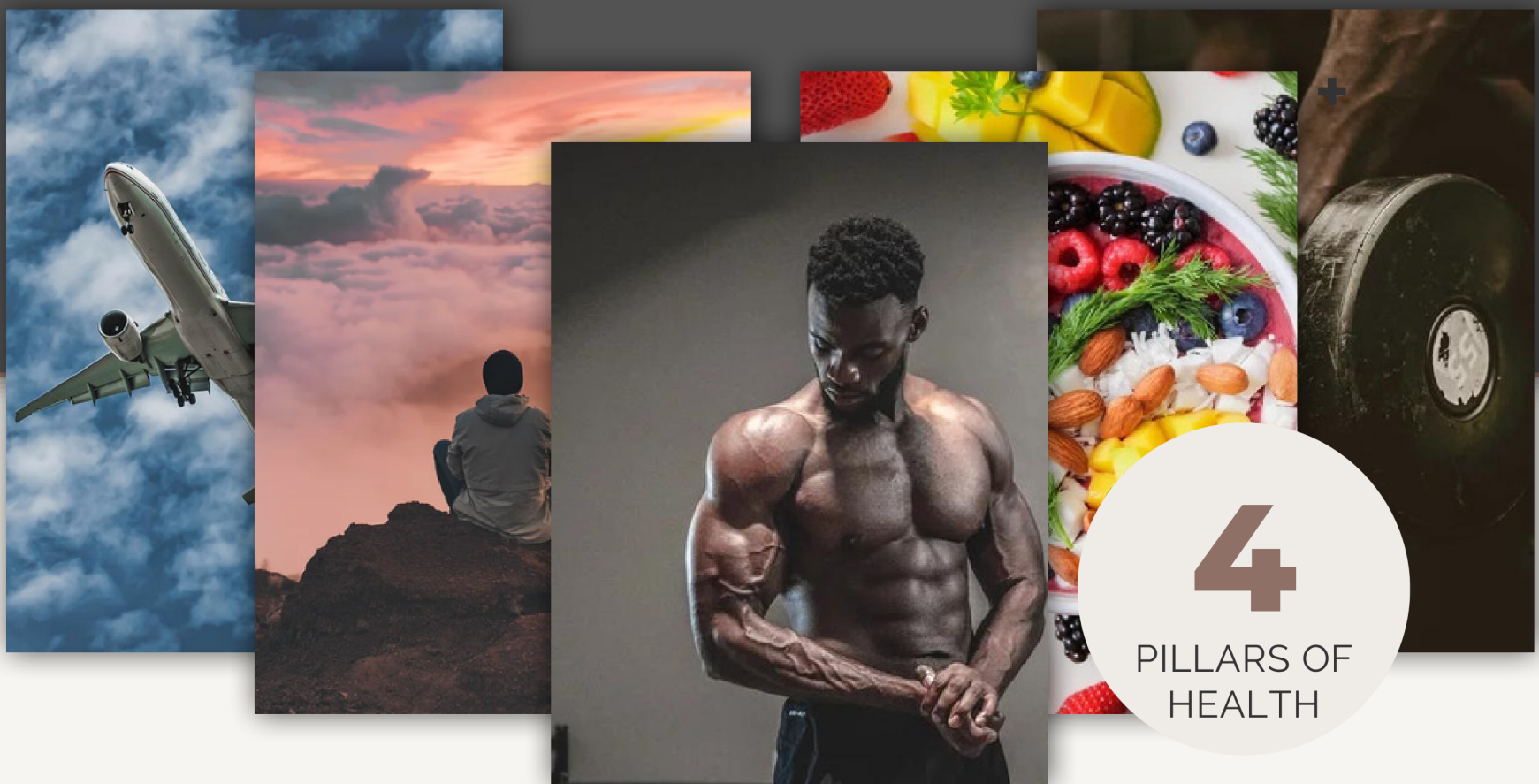


THE KEYS TO STAYING FIT ON THE ROAD:  
A CHEAT SHEET FOR THE...

# HOTEL ATHLETE



**4**  
PILLARS OF  
HEALTH

Gain the knowledge, tips, and confidence needed to maintain your greatest asset, your body (and in turn, your mind), while traveling for business!.

**TURN THE PAGE TO YOUR  
NEW JOURNEY**

# INTRODUCING THE HOTEL ATHLETE: UNLEASHING THE HEALTHY WARRIOR WITHIN!



“  
WHY LET TRAVEL  
HOLD YOU BACK  
FROM YOUR  
VALUES?  
”

“  
"THE WAY GET  
STARTED IS TO  
QUIT TALKING AND  
BEGIN DOING"  
”

“  
"THE  
ACCOUNTABILITY  
FROM A COMMUNITY  
OF LIKE-MINDED,  
MOTIVATED PEOPLE  
IS ENOUGH TO  
CHANGE YOUR  
COURSE!"  
”

1

FITNESS

“  
"EVERYTHING THAT  
YOU ARE GOING  
THROUGH IS  
PREPARING YOU  
FOR WHAT YOU'VE  
ASKED FOR"  
”

2

NUTRITION

Are you a true Hotel Athlete?

Picture a vibrant community of health and fitness enthusiasts who share one common passion – staying dedicated to their fitness journey, no matter where their business travels take them.

If you've picked up this book, chances are you're one of us!

Now, let's redefine the term "athlete." It's not just reserved for collegiate or professional sports stars staying in luxurious hotels.

The real Hotel Athlete is YOU – a relentless warrior committed to your well-being and fitness goals.

Whether you're a seasoned fitness enthusiast or taking your first steps towards a healthier lifestyle, this book is your ultimate guide to staying on top of your game, even when away from home.

## THE CO-FOUNDER BEHIND YOUR JOURNEY

### JON REISTERER



A seasoned traveling sales professional, Jon recognized the need for better transparency towards what to expect with one's health when on the road. It led him down the path of passionately pursuing creating a community that can feed off of each other and make us recognize our best selves, despite the challenges that travel will bring!

Jon has diligently honed his expertise while navigating the paths of experimental learning for numerous years, cultivating an unyielding obsession to push the boundaries of how one can seamlessly integrate and prioritize health amidst the rigors of travel.

# CONTINUING THE HEALTHY JOURNEY!

“EVERY STEP YOU TAKE IN A NEW PLACE IS A STEP CLOSER TO A HEALTHIER, HAPPIER YOU”



“IN A NEW ENVIRONMENT, EMBRACE CHANGE AND MAKE HEALTHY CHOICES. YOUR BODY WILL THANK YOU FOR THE ADVENTURE”

“IN UNFAMILIAR SURROUNDINGS, LET YOUR COMMITMENT TO HEALTH BE YOUR CONSTANT GUIDE. YOU HAVE THE POWER TO CREATE POSITIVE HABITS, NO MATTER WHERE YOU ARE”

3

MENTAL

“NEW ENVIRONMENTS OFFER NEW OPPORTUNITIES FOR GROWTH. EMBRACE THE CHALLENGE, STAY COMMITTED TO YOUR HEALTH, AND WATCH YOURSELF THRIVE”

4

SLEEP

As frequent business travelers, we understand the challenges you face – the endless hours on planes, hectic schedules, and unfamiliar hotel gyms.

Fear not, for we've got you covered!

Within these pages, you'll discover a wealth of insights, tips, and strategies curated to keep you at your peak performance during your business adventures.

Join our thriving community of like-minded Hotel Athletes, united in our pursuit of staying fit and healthy while on the road.

Get ready to unleash the fitness warrior within you and embark on a transformative journey that will elevate your travel experiences and revolutionize the way you approach health and fitness.

Welcome to the Hotel Athlete community – where fitness knows no bounds, and every hotel becomes your training ground for success!

## THE CO-FOUNDER BEHIND YOUR JOURNEY

### JOSH HIEMSTRA



A passionate remote entrepreneur, Josh understands the unique challenges and opportunities that come with managing one's health while embracing a location-independent lifestyle. He believes that maintaining a healthy lifestyle on the road is not just about physical well-being but also about fostering a sense of balance and fulfillment that fuels both personal and professional success.

Through years of experience working remotely from various corners of the globe, Josh has developed a deep understanding of the importance of adaptability and resourcefulness in optimizing health while traveling. He has discovered that staying healthy on the road is not about adhering to rigid routines but rather about embracing flexibility and finding joy in exploring new ways to nourish his body and mind.

**QUICK TIP:**

ALWAYS HAVE A  
5 MINUTE  
WORKOUT ON  
HAND WHEN  
SHORT ON TIME

**QUICK TIP:**

YOUR HOTEL  
ROOM IS MORE  
THAN ENOUGH  
TO GET IN A  
GREAT  
WORKOUT

**STUDY**

*According to a study by the International Journal of Workplace Health Management, employees who engage in regular exercise are 23% more productive compared to those who do not exercise.*

## **BENEFITS TO THE BUSINESS TRAVELER**

### **EMBRACING FITNESS POSITIVELY IMPACTS OUR PRODUCTIVITY BY DEVELOPING ESSENTIAL QUALITIES :**

- **Discipline and Perseverance** - Allowing us to overcome challenges, stay focused on goals, and achieve long-term growth
- **Mental Resilience** - Helping us handle rejection and obstacles with confidence and determination
- **Time Management** - Enabling better productivity and results in our business routine
- **Confidence** - Leading to more effective client/colleague interactions and handling objections with poise
- **Communication Skills** - Improving the ability to listen, understand, and build rapport with prospects in the sales field

**QUICK TIP:**

HAVE PROTEIN  
AVAILABLE IN  
YOUR ROOM

**QUICK TIP:**

DON'T FORGET  
THE WARMUP

**STUDY**

***A study published in the British Journal of Sports Medicine found that regular physical activity, such as exercise and fitness routines, can lead to a 20% boost in cognitive performance.***

## **EMBRACE FITNESS IN TRAVEL**

- ***Have a workout plan determined ahead of time. Making up a workout on the fly can lead to indecision and/or lack of motivation to workout.***
- ***Have shorter alternative workouts ready for schedule disruptions. There will likely be plenty!***
- ***Know your hotel gym and its equipment - This means doing the research ahead of your trip. Don't worry, the Hotel Athlete community has you covered!***
- ***Do not forgo a warmup and/or stretching - The nature of travel has our bodies more out of tune than normal (cramped travel, odd loads being carried, dehydration). Now is not the time to pass.***
- ***Have your protein ready in the room following your workout. You can't leave your muscles wore down just because you are on the road. Bring your own powder. Hit up the grocery store the night before. Be prepared!***
- ***Research outdoor areas nearby for walking and nature - if nothing else, movement of the body is key. Get your dose of nature as well for all of its added benefits!***
- ***Have a community that can support you virtually (again, the Hotel Athlete community has your back) - we thrive off of accountability!***

TOTAL  
BODY

# WORKOUT

15  
MIN

## BODYWEIGHT

After the warm up, perform each WORKOUT moves for 40 seconds, resting 20 seconds between moves. These moves will be performed consecutively for a 15 minute workout. If time allows, repeat the WORKOUT for a 30 minute burn!

## WARMUP

Jumping Jacks - 30 seconds  
Sun Salutations - 30 seconds  
Exercise Ball, Side-to-Side Trunk Rotations - 30 seconds  
Exercise Ball, Reverse Lunge w/ Ball Raise - 30 seconds

## WORKOUT

- Pushups
- Standing Mountain Climbers
- Plank, Cross Body Mountain Climbers
- Diamond Pushups
- Sprint In Place
- Sphinx (Low Plank) Knee to Elbow
- Wide Pushups
- Plyo Skaters
- Plank, Jump Feet to Hands and Back
- Down Dog to "Under the Fence" Pushups
- Burpees
- Plank, Opposite Hand/Leg Raise & Crunch (Switch)
- Blast Off Pushups
- Squat Pulses
- Plank, Shoulder Taps

**QUICK TIP:**

PACK  
NUTRITIOUS  
FOOD FOR THE  
AIRPORT

**QUICK TIP:**

RESEARCH  
AIRPORT  
HEALTHY  
OPTIONS

**STUDY**

- **A study published in the British Journal of Health Psychology found that individuals who consume more fruits and vegetables have higher levels of creativity and engagement at work.**

## **BENEFITS TO THE BUSINESS TRAVELER**

### **EMBRACING NUTRITION POSITIVELY IMPACTS OUR PRODUCTIVITY BY DEVELOPING ESSENTIAL QUALITIES :**

- **Increased Energy levels** - Enhancing productivity and focus during business meetings and tasks
- **Enhanced Cognitive Function** - Supports brain health, improving memory, concentration, and decision-making abilities
- **Stress Management** - Regulate stress hormones, reducing the negative impact of travel-related stress and promoting better mental well-being during business trips
- **Improved Immune System** - Ensuring business travelers stay healthy and productive throughout their trips
- **Increased Resilience** - Better equipped to handle changes in time zones, climate, and environments, making business travelers more resilient and adaptable to different travel conditions

**QUICK TIP:**

MAKE SURE  
YOUR HOTEL  
ROOM HAS A  
FRIDGE

**QUICK TIP:**

RESEARCH  
LOCAL FOOD  
MENUS

**STUDY**

- **Research from the World Health Organization suggests that poor nutrition is associated with a 20% to 30% increase in the risk of productivity loss.**

## **EMBRACE NUTRITION IN TRAVEL**

- **Prepare an airplane snack bag - only include items that are solids so that they can pass through TSA. Keep all in a separate bag within your carryon, in case you need to pull the food items out.**
- **Research the airports that you will be traveling through. Where are the healthy options that meet your nutrition requirements. Need help? The Hotel Athlete team can get you on track!**
- **Make a grocery store stop before arriving at your hotel to stock up on healthy snacks and foods. Research where a good grocery store is in comparison to your airport versus your hotel so that you don't have to backtrack!**
- **Opt for hotels that have room fridges! Lots of healthy foods need to be kept cold. Research and prioritize.**
- **A step up to the fridge is to find hotels with kitchenettes. This will allow you to expand your foods to bring back to the room.**
- **Research the menus of restaurants that colleagues/clients will take you to. Knowing your healthy options ahead of time will help you avoid a panicked quick look at the menu!**

1 SNACKS FROM HOME

2 FRUITS AND VEGETABLES

3 YOGURT (INCLUDING VEGAN)

4 DARK CHOCOLATE

5 SMOOTHIES

6 NUTS & SMOOTHIES

7 LEAN PROTEIN

8 OATS

11

# FOOD OPTIONS FROM THE AIRPORT

9 SNACK BARS

10 SALADS

11 WATER

## WHAT TO BUY ORGANIC

### DIRTY DOZEN LIST

*courtesy of ewg.org*

1. Strawberries
2. Spinach
3. Kale, collard and mustard greens
4. Nectarines
5. Apples
6. Grapes
7. Bell and Hot Peppers
8. Cherries
9. Peaches
9. Pears
10. Celery
12. Tomatoes

### HIGH-RISK GMO CROPS

*courtesy of nongmoproject.org*

- |                                      |                          |
|--------------------------------------|--------------------------|
| 1. Alfalfa                           | 10. Microbes and enzymes |
| 2. Canola                            | 11. Potato               |
| 3. Corn*                             | 12. Apple                |
| 4. Cotton                            | 13. Eggplant             |
| 5. Papaya                            | 14. Pineapple            |
| 6. Soy                               |                          |
| 7. Sugar beet                        |                          |
| 8. Zucchini/<br>Yellow summer squash |                          |
| 9. Animal products                   |                          |

\*Except popcorn

Biggest concern is additives made from corn (such as HFCS, maltodextrin + long list of others)

**QUICK TIP:**

GET OUTSIDE  
AND BREATHE  
FRESH AIR FOR  
AT LEAST 15  
MINUTES EACH  
DAY

**QUICK TIP:**

THE AIRPLANE  
IS A PERFECT  
PLACE TO SIT  
WITH YOUR  
THOUGHTS...  
SKIP THE  
MOVIE!

**STUDY**

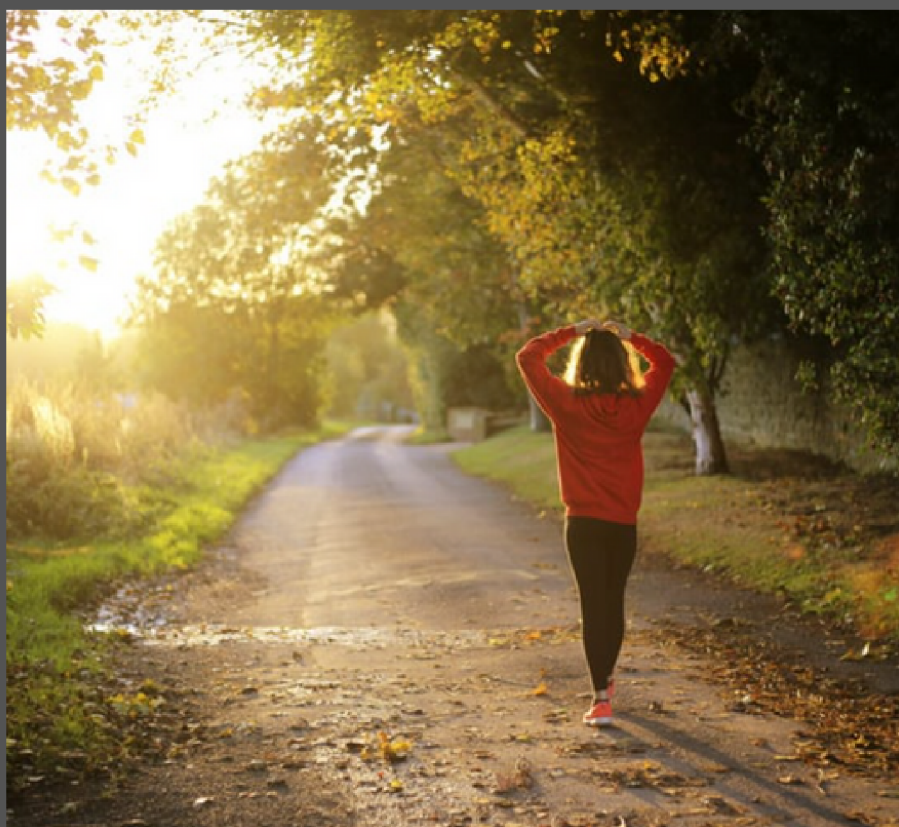
- **The Global Business Travel Association (GBTA) found that 60% of business travelers reported feeling moderately to significantly stressed during their trips.**

**EMBRACING MENTAL WELL-BEING POSITIVELY IMPACTS OUR PRODUCTIVITY BY DEVELOPING ESSENTIAL QUALITIES:**

- **Reduced Stress Levels** – Mindfulness, meditation, and regular exercise can significantly reduce stress and anxiety levels, enabling business travelers to stay calm and focused
- **Improved Adaptability** – Business travelers are more resilient and adaptable to change, which is essential when facing unexpected challenges during trips
- **Boosted Creativity** – Allows business travelers to approach tasks with fresh perspectives and innovative ideas
- **Enhanced Interpersonal Skills** – Fosters emotional intelligence and better communication skills, improving interactions with colleagues, clients, and partners
- **Positive Work-Life Balance** – Allows business travelers to enjoy their personal time and recharge, which contributes to greater job satisfaction

**QUICK TIP:**

BE SURE TO  
STRETCH  
FOLLOWING A  
PLANE TRIP

**QUICK TIP:**

4-7-8  
BREATHING  
METHOD

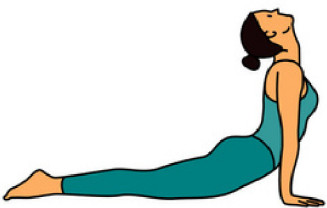
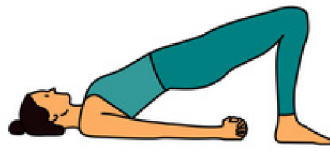
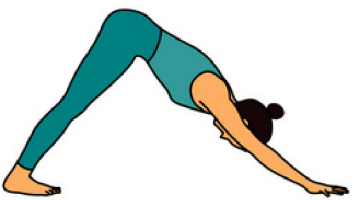
**STUDY**

- ***The Journal of Travel Medicine published a study showing that frequent business travel is associated with an increased risk of psychological symptoms, including depression and anxiety.***

## **EMBRACE MENTAL WELL-BEING IN TRAVEL**

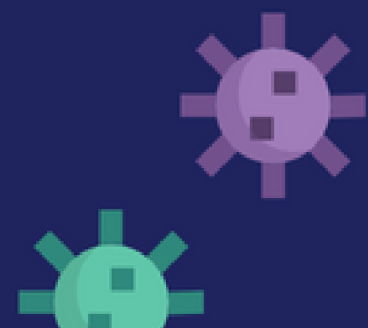
- ***Practice mindfulness or meditation - using an app, YouTube, or other tools can help with beginners. Just sitting with your thoughts and observing your emotions can be an uplifting practice. Meditation and mindfulness do not need to be done sitting still. Go for a walk in nature!***
- ***Yoga or stretching can help you relax - focus on the slow movements of the body and how they make you feel.***
- ***Nature walks have been mentioned, but are worth mentioning again. Nature can clear and recharge a cluttered mind!***
- ***Breathing exercises help reduce stress and anxiety. Try the 4-7-8 method... 4 seconds in through the nose, 7 second hold, 8 second releasing the breath through the mouth. Repeat as needed.***
- ***Journaling is a great way to get thoughts off of the mind, whether positive or negative!***
- ***Reading something uplifting can prime us for more positivity in our day. Reading something enjoyable can help us relax.***
- ***Socializing is crucial to our nature as human beings. We crave it. But don't overdo it and forget about the need to be with just ourselves (isolation) for periods during travel!***

# 9 YOGA POSES FOR TRAVELERS



## Relax in Under a Minute

1. Scrunch up your face, and release
2. Raise your eyebrows a few times
3. Drop your jaw
4. Roll your shoulders
5. Shake out your hands
6. Take two deep breaths
7. Repeat as needed



**QUICK TIP:**

FOLLOW THE  
3-2-1 RULE  
BELOW

**QUICK TIP:**

KEEP A  
NOTEBOOK BY  
YOUR BEDSIDE  
TO WRITE  
DOWN ANY  
THOUGHTS IN  
BED!

**STUDY**

- **According to a study conducted by the National Sleep Foundation, around 53% of business travelers reported poor sleep quality, with disruptions to sleep patterns being common during trips.**

## **BENEFITS TO THE BUSINESS TRAVELER**

### **EMBRACING SLEEP POSITIVELY IMPACTS OUR PRODUCTIVITY BY DEVELOPING ESSENTIAL QUALITIES :**

- **Enhanced Cognitive Function** - Good sleep improves concentration, memory, and problem-solving abilities, enabling business travelers to think more clearly and make better decisions during meetings and tasks
- **Stress Management** - Quality sleep helps regulate stress hormones, reducing feelings of anxiety and tension often associated with business travel
- **Enhanced Mood and Well-being** - A well-rested business traveler experiences improved mood, leading to a more positive outlook on work-related challenges and interactions
- **Sharper Communication Skills** - Good sleep positively affects communication skills, enabling business travelers to articulate ideas and messages more effectively
- **Optimal Performance** - Good sleep prepares business travelers for important meetings, presentations, and negotiations, helping them perform at their best

**QUICK TIP:**

COVER LIGHTS FROM POWER STRIPS AND CLOCKS

**QUICK TIP:**

NO CAFFEINE 10-12 HOURS BEFORE BED

**STUDY**

- **According to a study by the American Academy of Sleep Medicine, business travelers who experience poor sleep are more likely to report decreased productivity and work-related errors during their trips.**

## EMBRACE SLEEP IN TRAVEL

- **Follow the rule of 3-2-1... no food 3 hours before sleep, no liquids 2 hours before sleep, no screen time 1 hour before sleep. Practice this method prior to the trip to better equip yourself with the challenges!**
- **Maintain a consistent sleep schedule - if you were going to bed at 10 PM at home, make that your plan on the road. even if changing time zones by a couple of hours, You will benefit from getting in bed extra early.**
- **Create a restful sleep environment - whether you think so or not, lights in the room can effect us. Cover up power strips and clocks and close both shades to give yourself ultimate darkness. Make sure the temperature of the room is similar to at home. Don't be afraid to shut that noisy thing off!**
- **Avoid late day caffeine - shoot to cut off caffeine 10-12 hours before your bed time.**
- **Practice relaxation techniques - this could include mediataion, mindful breathing, light yoga, reading, or even capturing your rampant thoughts on paper!**
- **Stay active during the day - the activity will help your body feel ready for much needed rest!**
- **Limit alcohol - this is always the tough subject that gets avoided! Multiple studies have been performed proving that alcohol consumption negatively effects the quality of your sleep. At least consider it!**
- **Hydrate your body - we want to stick to the 3-2-1 rule, but during the day, consume plenty of water to help improve sleep quality!**

# Will a Small Amount of Alcohol Affect My Sleep?



Low amounts of alcohol decreased sleep quality by **9.3%**

Less than 2 drinks for men and less than 1 drink for women



Moderate amounts of alcohol decreased sleep quality by **24%**

Approximately 2 drinks for men and 1 drink for women



High amounts of alcohol decreased sleep quality by **39.2%**

More than 2 drinks for men and more than 1 drink for women

## What is Sleep Health?



### Sleep Duration

The total amount of sleep obtained in a 24-hour period. It is recommended that adults receive 7-9 hours of sleep per night.



### Sleep Efficiency

The ratio of total time spent asleep to the time spent in bed. It is recommended that >85% of one's time in bed is spent sleeping. Adequate sleep efficiency leads to deeper, higher quality sleep and feeling of being better rested.



### Number of awakenings

More continuous sleep results in more restful sleep.



### Sleep Quality

The subjective assessment of "good" or "bad" sleep.

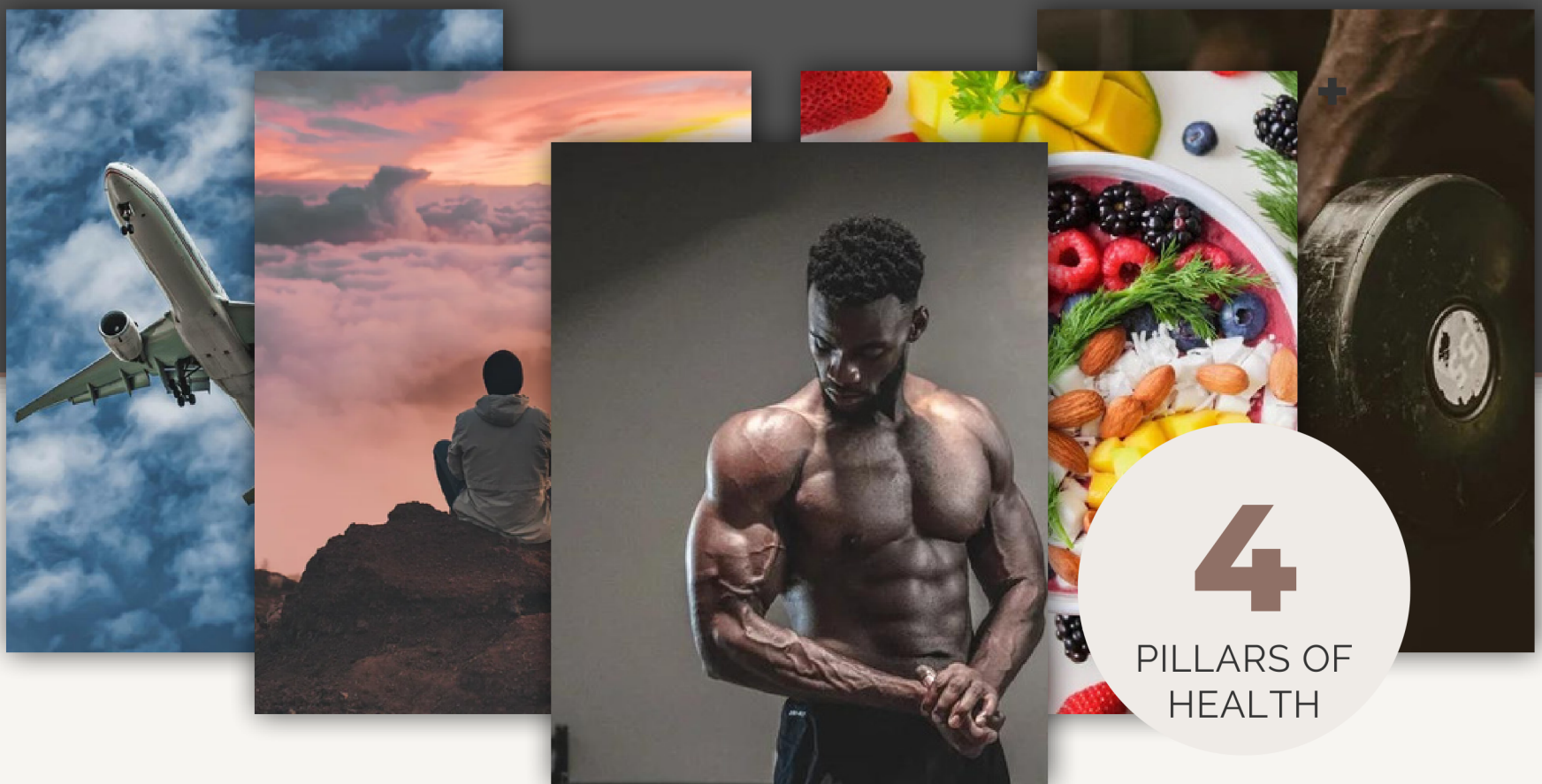


### Sleep Latency

The amount of time it takes to fall asleep after getting in bed and turning off the lights.

YOU NOW HAVE THE KNOWLEDGE AND  
TOOLS TO CONTINUE YOUR JOURNEY  
ON BECOMING YOUR BEST SELF AND A...

# HOTEL ATHLETE



We're excited to have you part of the  
Hotel Athlete community. Enjoy our array  
of resources for preparing yourself to be  
a healthy road warrior!

**NOW AVAILABLE:  
TRAVEL HEALTH CONSULTING FOR  
THE INDIVIDUAL AND CORPORATE**

[hotelathlete.com](http://hotelathlete.com)