

HOW TO CHANGE YOUR LIFESTYLE
ON THE ROAD TO BECOME A...

HOTEL ATHLETE

*the
healthy traveler*



HOTEL ATHLETE

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HOTEL ATHLETE



01 EMBRACING THE HOTEL ATHLETE MINDSET

IN TODAY'S FAST-PACED WORLD, BUSINESS TRAVEL IS AN INTEGRAL PART OF MANY PROFESSIONALS' LIVES. WHETHER YOU'RE JETTING ACROSS THE COUNTRY FOR CLIENT MEETINGS OR HOPPING CONTINENTS FOR GLOBAL CONFERENCES, THE CHALLENGES OF STAYING FIT, EATING WELL, AND MAINTAINING MENTAL CLARITY ON THE ROAD ARE ALL TOO REAL. AS FREQUENT TRAVELERS OURSELVES, WE UNDERSTAND THE HURDLES YOU FACE—THE LONG HOURS IN TRANSIT, IRREGULAR SCHEDULES, UNFAMILIAR HOTEL GYMS, AND THE CONSTANT TEMPTATION OF LESS-THAN-HEALTHY FOOD OPTIONS.

BUT WHAT IF TRAVEL DIDN'T HAVE TO DERAIL YOUR HEALTH GOALS? WHAT IF EVERY HOTEL BECAME YOUR TRAINING GROUND, EVERY LAYOVER AN OPPORTUNITY TO MOVE, AND EVERY MEAL A CHANCE TO FUEL YOUR BODY FOR PEAK PERFORMANCE? WELCOME TO THE HOTEL ATHLETE LIFESTYLE, WHERE STAYING HEALTHY ON THE ROAD IS NOT JUST POSSIBLE BUT EMPOWERING. THIS GUIDE COMBINES PRACTICAL TIPS, EXPERT INSIGHTS, AND PERSONAL EXPERIENCES TO HELP YOU REDEFINE WHAT IT MEANS TO BE AN ATHLETE—ONE WHO THRIVES IN ANY ENVIRONMENT.

TOGETHER, WE'LL EXPLORE FOUR CORE AREAS OF FOCUS: FITNESS, NUTRITION, MENTAL WELL-BEING, AND SLEEP. BY THE END, YOU'LL HAVE THE TOOLS AND CONFIDENCE TO BECOME YOUR BEST SELF, NO MATTER WHERE YOUR TRAVELS TAKE YOU. LET'S DIVE IN!

AT HOTEL ATHLETE, WE UNDERSTAND THE CHALLENGES OF MAINTAINING A REGULAR HEALTHY HABIT ROUTINE WHEN LIFE GETS BUSY. MEET JOSH AND JON, CO-FOUNDERS OF HOTEL ATHLETE, AND TWO INDIVIDUALS WITH DIFFERENT LIFESTYLES, BUT BOTH COMMITTED TO STAYING HEALTHY DESPITE THEIR DEMANDING SCHEDULES. JOSH, A FREQUENT TRAVELER, BRINGS HIS OWN WORKOUT GEAR AND UTILIZES HOTEL ROOMS AND LOCAL PARKS FOR HIS EXERCISE SESSIONS. ON THE OTHER HAND, JON, FREQUENTLY ON THE ROAD FOR SALES CALLS, INCORPORATES HOTEL GYMS AND PRE-TRIP, HOME WORKOUTS INTO HIS TRAVEL REGIMEN. IN ADDITION TO THAT, FINDING NUTRITIOUS EATS IN THE AIRPORT AND AT THE LOCAL DESTINATION ARE CRUCIAL TO HIS APPROACH!

JOSH AND JON FIRMLY BELIEVE THAT HEALTHY HABITS SHOULD BE A PRIORITY, EVEN DURING TRAVELS OR REMOTE WORK. THEY HAVE EXPERIENCED FIRSTHAND THE PHYSICAL AND MENTAL BENEFITS OF STAYING ACTIVE AND BEING HEALTHY - FROM IMPROVED HEALTH, FOCUS, AND MENTAL CLARITY TO REDUCED STRESS AND ANXIETY.

DON'T LET A HECTIC LIFESTYLE DETER YOU FROM BEING HEALTHY. WHETHER YOU'RE CONSTANTLY ON THE GO OR WORKING REMOTELY, WE'VE GOT YOU COVERED WITH PRACTICAL TIPS TO INCORPORATE HEALTHY HABITS INTO YOUR ROUTINE. HERE'S SOME ADVICE TO HELP YOU STAY HEALTHY WHILE TRAVELING OR WORKING REMOTELY:



-PACK YOUR OWN WORKOUT ESSENTIALS: CARRY A YOGA MAT, RESISTANCE BANDS, DUMBBELLS (IF DRIVING), MINI FOAM ROLLER, AND A JUMP ROPE TO ENSURE YOU HAVE THE NECESSARY EQUIPMENT FOR A PORTABLE WORKOUT EXPERIENCE.

-GET CREATIVE WITH YOUR WORKOUT LOCATIONS: MAKE USE OF YOUR HOTEL ROOM OR EXPLORE NEARBY PARKS FOR A REFRESHING OUTDOOR WORKOUT. IF STAYING AT A HOTEL, INQUIRE ABOUT THEIR GYM OR FITNESS CENTER. ALTERNATIVELY, CHECK IF YOUR AIRBNB HOST PROVIDES ANY WORKOUT EQUIPMENT. IF YOU ARE LIMITED BY YOUR HOTEL FOR PURSUING YOUR FITNESS PROGRAM, FIND A LOCAL GYM WITH A DROP IN POLICY!

-UTILIZE HOTEL GYMS: TAKE ADVANTAGE OF THE EQUIPMENT IN THE GYM DURING YOUR STAY, NO MATTER WHAT IT IS. KNOWING YOUR GYM AHEAD OF TIME IS CRUCIAL. DON'T WORRY... HOTEL ATHLETE HAS YOU COVERED IN OUR HOTEL DATABASE, FOUND AT HOTELATHLETE.COM!

-HOTELS WITH KITCHENETTES: IF POSSIBLE, OPT FOR HOTEL BRANDS THAT INCORPORATE A KITCHENETTE INTO THE ROOM. THIS ALLOWS YOU TO TAKE ADVANTAGE OF LOCAL GROCERIES BEING UTILIZED TO KEEP YOUR NUTRITION ON POINT!

-ESTABLISH A PRE AND POST-TRIP ROUTINE: STAY ON TRACK WITH YOUR FITNESS GOALS BY INCORPORATING WORKOUTS AT HOME BEFORE YOU DEPART AND UPON YOUR RETURN. THIS MEANS WORKING OUT ON TRAVEL DAY! YOU'LL THANK YOURSELF!

-EMBRACE MINDFULNESS: IT'S EASY TO GET CAUGHT UP IN THE WHIRLWIND OF TRAVEL AND WORK TRIPS. TAKING TIME TO APPRECIATE THE NEW SCENERY AND NEW CONNECTIONS IS IMPORTANT TO YOUR OVERALL WELL-BEING. SLOW DOWN, TAKE A BREATH, AND ENJOY!

-PERSONALIZE YOUR APPROACH: DISCOVER WHAT EXERCISE ROUTINES AND ACTIVITIES WORK BEST FOR YOU AND YOUR UNIQUE LIFESTYLE. REMEMBER, THERE ARE NUMEROUS WAYS TO STAY ACTIVE WHILE ON THE GO - FIND WHAT BRINGS YOU JOY AND FITS SEAMLESSLY INTO YOUR SCHEDULE.

-SLEEP: IT'S EASY TO GET CAUGHT UP IN THE HAPPY HOURS AND CLIENT ENTERTAINMENT. ENJOY THIS... BUT NOT AT THE EXPENSE OF YOUR SLEEP! SLEEP, BOTH QUANTITY AND QUALITY, IS THE TRUE "MAGIC PILL" FOR ENHANCED PRODUCTIVITY!

KEEP IN MIND THAT MAINTAINING A HEALTHY HABIT ROUTINE DOESN'T HAVE TO BE COMPLEX. SIMPLY IDENTIFY A FEW ENJOYABLE HEALTHY ACTIVITIES THAT ALIGN WITH YOUR SCHEDULE AND MAKE THEM A CONSISTENT PART OF YOUR TRAVEL LIFE. ABOVE ALL, REMAIN COMMITTED AND DON'T GIVE UP. EVEN A SHORT HEALTHY HABIT SESSION IS BETTER THAN NONE AT ALL. STAY DETERMINED AND EMBRACE THE EMPOWERING JOURNEY OF STAYING HEALTHY, NO MATTER WHERE LIFE TAKES YOU.

THAT'S WHY WE CREATED HOTEL ATHLETE, WITH HOPES THAT WE BUILD A COMMUNITY OF LIKE MINDED HEALTH AND FITNESS ENTHUSIASTS THAT CAN CONTINUE TO INSPIRE AND MOTIVATE EACH OTHER TO KEEP UP THE HARD WORK NO MATTER THE OBSTACLES LIFE PUTS IN THE WAY. YOUR CAREER ON THE ROAD DOES NOT NEED TO PUT HEALTH ON THE BACKBURNER. WE'VE BEEN THERE, AND EXPERIENCED THE PAIN. NOW IT'S OUR TURN TO SUPPORT YOU TO STAY ON THE HEALTHY HIGH ROAD!





02 WHY HEALTH MATTERS FOR TRAVELERS

A PERSONAL JOURNEY: TRANSFORMING TRAVEL INTO A HEALTHY LIFESTYLE

IN 2016, MY TRAVEL SCHEDULE REACHED AN ALL-TIME HIGH. I FOUND MYSELF ON THE ROAD MORE OFTEN THAN EVER BEFORE, LEAVING BEHIND THE COMFORT OF MY HOME GYM AND THE CONSISTENCY OF HOME-COOKED MEALS. THIS COINCIDED WITH A PIVOTAL MOMENT IN MY LIFE—APPROACHING MY 30S. SUDDENLY, THE LUXURY OF BOUNCING BACK AFTER WEEKS OF POOR NUTRITION AND INCONSISTENT EXERCISE, SOMETHING I HAD TAKEN FOR GRANTED IN MY 20S, WAS SLIPPING AWAY.

MY ONCE-RELIABLE ROUTINE WAS REPLACED BY FAST FOOD STOPS AND UNINSPIRING HOTEL GYMS. I BEGAN TO EXPERIENCE POST-TRIP FATIGUE, LOW ENERGY, AND A LACK OF MOTIVATION THAT SEEMED IMPOSSIBLE TO SHAKE. I REALIZED THAT IF I WANTED TO MAINTAIN MY HEALTH—MY MOST VALUABLE ASSET—I HAD TO TAKE OWNERSHIP OF THIS NEW LIFESTYLE.

SLOWLY BUT SURELY, I DEVELOPED TECHNIQUES, TIPS, AND STRATEGIES TO STAY ACTIVE AND HEALTHY, NO MATTER THE CIRCUMSTANCES. THESE STRATEGIES WERE BORN OUT OF TRIAL AND ERROR BUT BECAME A SUSTAINABLE WAY TO PRIORITIZE MY HEALTH ON THE ROAD. WHAT STARTED AS A PERSONAL JOURNEY SOON TURNED INTO A PASSION TO HELP OTHERS. I REALIZED THAT MY EXPERIENCES COULD SERVE THE BROADER COMMUNITY OF TRAVELERS FACING SIMILAR CHALLENGES, AND FROM THIS VISION, HOTEL ATHLETE WAS BORN.

THE CASE FOR STAYING HEALTHY ON THE ROAD

BUSINESS TRAVEL IS DEMANDING—PHYSICALLY, MENTALLY, AND EMOTIONALLY. LONG HOURS, UNPREDICTABLE SCHEDULES, AND THE STRESS OF BEING AWAY FROM HOME CAN TAKE A TOLL ON YOUR OVERALL WELL-BEING. BUT MAINTAINING YOUR HEALTH ISN'T JUST ABOUT AVOIDING BURNOUT; IT'S ABOUT THRIVING. WHEN YOU PRIORITIZE YOUR HEALTH ON THE ROAD, YOU UNLOCK BENEFITS THAT GO FAR BEYOND THE IMMEDIATE.

THE BENEFITS OF A HEALTHY LIFESTYLE WHILE TRAVELING

- IMPROVED ENERGY AND FOCUS: A BALANCED DIET, REGULAR EXERCISE, AND PROPER SLEEP HELP YOU STAY ENERGIZED AND MENTALLY SHARP, ENABLING YOU TO PERFORM YOUR BEST DURING MEETINGS, PRESENTATIONS, AND NETWORKING EVENTS.
- ENHANCED RESILIENCE: A STRONG BODY AND MIND ARE BETTER EQUIPPED TO HANDLE THE PHYSICAL DEMANDS OF TRAVEL, FROM HAULING LUGGAGE TO ADAPTING TO NEW TIME ZONES AND CLIMATES.

- **REDUCED STRESS:** HEALTHY HABITS, LIKE MINDFULNESS AND REGULAR MOVEMENT, CAN LOWER STRESS LEVELS, MAKING TRAVEL A MORE ENJOYABLE EXPERIENCE.
- **BETTER LONG-TERM HEALTH:** CONSISTENTLY TAKING CARE OF YOURSELF WHILE TRAVELING REDUCES THE RISK OF CHRONIC HEALTH ISSUES, ENSURING YOU CAN CONTINUE TO EXCEL IN YOUR CAREER FOR YEARS TO COME.

EXPANDING THE VISION: HEALTH AS A STRATEGIC ADVANTAGE

EMBRACING HEALTH WHILE TRAVELING ISN'T JUST ABOUT PERSONAL WELL-BEING; IT'S ALSO A STRATEGIC ADVANTAGE. PROFESSIONALS WHO MAINTAIN THEIR HEALTH ARE OFTEN MORE PRODUCTIVE, MORE CREATIVE, AND BETTER EQUIPPED TO HANDLE HIGH-PRESSURE SITUATIONS. IMAGINE WALKING INTO A BIG PRESENTATION FEELING ENERGIZED AND CONFIDENT, RATHER THAN SLUGGISH AND DISTRACTED. WHEN YOU INVEST IN YOUR HEALTH, YOU'RE NOT ONLY SHOWING UP FOR YOURSELF BUT ALSO SETTING THE STAGE FOR SUCCESS IN YOUR CAREER.

THE RIPPLE EFFECT OF HEALTHY TRAVEL HABITS

BEYOND PROFESSIONAL BENEFITS, TAKING CARE OF YOUR HEALTH WHILE TRAVELING POSITIVELY IMPACTS THOSE AROUND YOU. YOUR COMMITMENT TO WELLNESS CAN INSPIRE COLLEAGUES, FRIENDS, AND FAMILY TO MAKE HEALTHIER CHOICES. BY LEADING BY EXAMPLE, YOU CREATE A RIPPLE EFFECT THAT EXTENDS BEYOND YOUR PERSONAL JOURNEY, FOSTERING A CULTURE OF WELL-BEING IN YOUR PROFESSIONAL AND PERSONAL CIRCLES.

THE CHALLENGES OF STAYING HEALTHY ON THE ROAD

WHILE THE BENEFITS ARE CLEAR, THE BARRIERS TO MAINTAINING A HEALTHY LIFESTYLE DURING TRAVEL ARE REAL. LIMITED ACCESS TO HEALTHY FOOD OPTIONS, LACK OF TIME, AND UNFAMILIAR ENVIRONMENTS CAN MAKE IT EASY TO FALL INTO UNHEALTHY PATTERNS. THIS BOOK IS DESIGNED TO HELP YOU OVERCOME THESE CHALLENGES WITH ACTIONABLE STRATEGIES TAILORED TO THE REALITIES OF BUSINESS TRAVEL.

A CALL TO ACTION: COMMIT TO YOUR HEALTH

THE JOURNEY TO STAYING HEALTHY WHILE TRAVELING STARTS WITH A COMMITMENT. RECOGNIZE THAT YOUR WELL-BEING IS NOT A LUXURY BUT A NECESSITY. IT'S THE FOUNDATION THAT ALLOWS YOU TO PERFORM AT YOUR BEST, BOTH PROFESSIONALLY AND PERSONALLY. THE STRATEGIES IN THIS BOOK ARE HERE TO GUIDE YOU EVERY STEP OF THE WAY—FROM FITNESS ROUTINES AND NUTRITION HACKS TO MENTAL CLARITY EXERCISES AND SLEEP TIPS. LET THIS BE THE MOMENT YOU DECIDE TO MAKE YOUR HEALTH A PRIORITY, NO MATTER WHERE THE ROAD TAKES YOU.





03 FITNESS ON THE ROAD

WHY FITNESS IS ESSENTIAL FOR BUSINESS TRAVELERS

WHEN YOU'RE TRAVELING FOR BUSINESS, YOUR HEALTH IS YOUR GREATEST ASSET. STAYING ACTIVE NOT ONLY KEEPS YOUR BODY STRONG AND RESILIENT BUT ALSO HAS PROFOUND EFFECTS ON YOUR MENTAL CLARITY, ENERGY LEVELS, AND OVERALL PRODUCTIVITY. INCORPORATING FITNESS INTO YOUR TRAVEL ROUTINE IS NOT JUST ABOUT MAINTAINING PHYSICAL HEALTH—IT'S A STRATEGIC DECISION THAT CAN SIGNIFICANTLY ENHANCE YOUR WORK PERFORMANCE!

- **ENHANCED ENERGY LEVELS:** EXERCISE INCREASES BLOOD FLOW AND OXYGEN TO THE BRAIN, LEAVING YOU MORE ALERT AND ENERGIZED. A QUICK WORKOUT IN THE MORNING CAN SET THE TONE FOR A DAY FULL OF FOCUS AND PRODUCTIVITY.
- **IMPROVED COGNITIVE FUNCTION:** REGULAR PHYSICAL ACTIVITY BOOSTS MEMORY, CREATIVITY, AND DECISION-MAKING SKILLS. THESE ARE CRITICAL WHEN YOU'RE NEGOTIATING DEALS, LEADING MEETINGS, OR DELIVERING PRESENTATIONS.
- **STRESS RELIEF:** BUSINESS TRAVEL OFTEN COMES WITH HIGH-STAKES SCENARIOS AND TIGHT DEADLINES. EXERCISE RELEASES ENDORPHINS, WHICH HELP REDUCE STRESS AND IMPROVE YOUR MOOD, ALLOWING YOU TO APPROACH CHALLENGES WITH A CLEAR HEAD.
- **BOOSTED IMMUNE SYSTEM:** FREQUENT TRAVEL EXPOSES YOU TO NEW ENVIRONMENTS AND GERMS, INCREASING YOUR RISK OF GETTING SICK. STAYING ACTIVE SUPPORTS YOUR IMMUNE SYSTEM, HELPING YOU FIGHT OFF ILLNESSES AND STAY AT PEAK PERFORMANCE.

TRAVEL FITNESS QUICK TIPS

- 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.

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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.

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- **ADAPTABILITY AND RESILIENCE: FITNESS TEACHES DISCIPLINE AND PERSEVERANCE—QUALITIES THAT TRANSLATE DIRECTLY INTO YOUR PROFESSIONAL LIFE. THE ABILITY TO STICK TO A WORKOUT ROUTINE, EVEN IN UNFAMILIAR SETTINGS, BUILDS MENTAL TOUGHNESS AND ADAPTABILITY.**
- **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**

THE IMPORTANCE OF MOVEMENT

SITTING FOR LONG PERIODS, WHETHER ON A PLANE OR IN A MEETING, CAN LEAD TO STIFFNESS AND FATIGUE. AIM TO INCORPORATE MOVEMENT THROUGHOUT YOUR DAY—TAKE THE STAIRS INSTEAD OF THE ELEVATOR, WALK DURING PHONE CALLS, OR DO A QUICK STRETCH BREAK EVERY HOUR.

WITH FITNESS AS A CORNERSTONE OF YOUR TRAVEL ROUTINE, YOU'RE NOT JUST MAINTAINING YOUR HEALTH; YOU'RE ACTIVELY ENHANCING YOUR ABILITY TO SUCCEED PROFESSIONALLY AND PERSONALLY. PRIORITIZE MOVEMENT, AND YOU'LL FIND YOURSELF THRIVING, NO MATTER WHERE WORK TAKES YOU.

TRAVEL FITNESS QUICK TIPS

- **YOUR HOTEL ROOM IS MORE THAN ENOUGH TO GET IN A GREAT WORKOUT - USE IT WHEN NEEDED.**
- **BODYWEIGHT EXERCISES WILL SAVE YOU IN A PINCH - HAVE A HANDFUL ACCESSIBLE!**
- **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!**

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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.

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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



UPPER

WORKOUT

10
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 10 minute workout. If time allows, repeat the WORKOUT once or twice for a 20 or 30 minute burn!

WARMUP

Up Dog to Child's Pose - 30 seconds
Cat Cow - 30 seconds
Trunk Rotations - 30 seconds
Side Bends - 30 seconds
Arm Circles (FWD/BWD) - 60 seconds

WORKOUT

- Negative Pushup
- Pike Pushup
- L Sit
- Diamond Pushup
- Archer Pushup
- Chair Dips
- Decline Pushup
- Incline Pushup
- Seated Shoulder Press
- Pushup



CARDIO

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

Up Dog to Child's Pose - 30 seconds
Cat Cow - 30 seconds
Trunk Rotations - 30 seconds
Side Bends - 30 seconds
Polka Stretch (hamstrings) - 60 seconds

WORKOUT

- Jumping Jacks
- Jumping Jacks w/ Foot Cross
- Jumping Jacks w/ Knee Drives
- Squat Jack
- Squat Jack 180°
- Squat Thrust (Burpee w/ no pushup/jump)
- Burpee w/ pushup, no jump
- Burpee w/ plank knee tuck
- Spartan Burpee (chest to ground, jump)
- Super Burpee
- Lateral Shuffle Knee Drive
- Skater Hops
- Lateral Bound w/ Hop
- Double Skater Hop
- Triple Skater Hop



Lower

WORKOUT

10
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 10 minute workout. If time allows, repeat the WORKOUT once or twice for a 20 or 30 minute burn!

WARMUP

Up Dog to Child's Pose - 30 seconds
Cat Cow - 30 seconds
Trunk Rotations - 30 seconds
Side Bends - 30 seconds
Knee to chest - 30 seconds
Standing Pigeon Pull - 30 seconds

WORKOUT

- Squat
- Forward Lunge (Alt Legs)
- Side Lunge (Alt Direction)
- Glute Bridge
- Wall Sit
- Calf Raises
- Curtsy Lunge
- Sumo Squat w/ Heal Raise
- Reverse Lunge
- Squat Hold & Pulse





04 NUTRITION FOR THE TRAVELER

WHY NUTRITION MATTERS

FUELING YOUR BODY WITH THE RIGHT FOODS IS ESSENTIAL FOR MAINTAINING ENERGY, FOCUS, AND OVERALL HEALTH. UNFORTUNATELY, TRAVEL OFTEN PRESENTS CHALLENGES LIKE LIMITED HEALTHY OPTIONS AND IRREGULAR MEAL TIMES. THE KEY IS PREPARATION AND MAKING MINDFUL CHOICES.

STRATEGIES FOR EATING WELL

- **PACK SMART SNACKS:** CARRY PORTABLE, NUTRIENT-DENSE OPTIONS LIKE NUTS, SEEDS, PROTEIN BARS, AND DRIED FRUITS. THESE CAN KEEP HUNGER AT BAY DURING LONG FLIGHTS OR LAYOVERS.
- **RESEARCH AHEAD:** LOOK UP HEALTHY DINING OPTIONS AT YOUR DESTINATION OR AIRPORT BEFORE YOU LEAVE. MANY APPS AND WEBSITES PROVIDE MENUS AND NUTRITIONAL INFORMATION.
- **GROCERY STOP:** UPON ARRIVAL, VISIT A NEARBY GROCERY STORE TO STOCK UP ON ESSENTIALS LIKE FRESH FRUITS, VEGETABLES, AND LEAN PROTEIN.
- **STAY HYDRATED:** BRING A FILTERED WATER BOTTLE TO ENSURE YOU HAVE ACCESS TO CLEAN, GREAT-TASTING WATER WHEREVER YOU GO. DEHYDRATION CAN LEAD TO FATIGUE AND POOR DECISION-MAKING

TRAVEL NUTRITION QUICK TIPS

- **PACK NUTRITIOUS FOOD FOR THE AIRPORT** - REMEMBER THAT MOST SOLID FOODS WILL BE OK GETTING THROUGH TSA.
- **RESEARCH HEALTHY AIRPORT OPTIONS** - A QUICK GOOGLE SEARCH WILL GIVE YOU A FEW DESTINATION TO SEEK OUT UPON LANDING!
- **MAKE SURE YOUR HOTEL ROOM HAS A FRIDGE** - IF YOU'RE GOING TO STOCK UP ON HEALTHY FOODS, YOU'LL NEED TO KEEP THEM FRESH!
- **STEP UP YOUR NUTRITION OPTIONS WITH A HOTEL WITH A KITCHENETTE!**
- **RESEARCH LOCAL FOOD MENUS** - CLIENTS AND COLLEAGUES WILL LIKELY DRAW YOU OUT FOR EATS - KNOW THE MENU SO THAT YOU CAN ORDER THE HEALTHIEST WAY POSSIBLE IN A PINCH.

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

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THE SCIENCE BEHIND HEALTHY CHOICES

MACRONUTRIENTS: THE BUILDING BLOCKS OF ENERGY

MACRONUTRIENTS—PROTEINS, CARBOHYDRATES, AND FATS—ARE THE FOUNDATION OF YOUR BODY'S ENERGY AND REPAIR SYSTEMS. EACH PLAYS A UNIQUE ROLE IN SUPPORTING PRODUCTIVITY AND OVERALL HEALTH.

PROTEINS, FOUND IN LEAN MEATS, EGGS, AND PLANT-BASED SOURCES LIKE LENTILS, HELP REPAIR MUSCLES AND TISSUES THAT ENDURE STRAIN FROM TRAVEL AND EXERCISE.

CARBOHYDRATES, PARTICULARLY COMPLEX ONES LIKE QUINOA, BROWN RICE, AND OATS, PROVIDE A STEADY RELEASE OF GLUCOSE, FUELING BRAIN ACTIVITY AND SUSTAINING FOCUS THROUGHOUT THE DAY.

HEALTHY FATS, SUCH AS THOSE IN AVOCADOS, NUTS, AND OLIVE OIL, SUPPORT BRAIN HEALTH AND REDUCE INFLAMMATION, WHICH CAN BE HEIGHTENED BY THE PHYSICAL STRESS OF TRAVEL.

HOW DOES THE TRAVELER MAINTAIN A HEALTHY BALANCE OF MACRONUTRIENTS?

PREPARATION! IT MAY SOUND SIMPLE, BUT IT IS THE CORNERSTONE FOR ACCOMPLISHING A NUTRITION PLAN ON A BUSINESS TRIP. PREPARATION COMES DOWN TO A FEW KEY COMPONENTS:

- RESEARCHING AIRPORT FOOD OPTIONS AND THEIR LOCATIONS IN RELATION TO YOUR PATH
- UNDERSTANDING WHERE THE BEST LOCAL GROCERY STORES WITH HEALTHY OPTIONS MAY BE IN RELATION TO YOUR TRAVEL ROUTE
- DEVELOPING A PLAN AROUND ENTERTAINING CUSTOMERS AND IMPLEMENTING HEALTHY EATING HABITS WITHIN (PRE MEAL SNACKS IN THE ROOM, RESEARCHING RESTAURANT MENUS AHEAD, ASKING FOR CUSTOM MEALS TO FIT YOUR DIETARY NEEDS)

HOW MUCH SHOULD I EAT WHILE TRAVELING?

YOUR ACTIVITY LEVELS CHANGE WHILE TRAVELING, AND SHOULD BE CONSIDERED WHEN DETERMINING YOUR CALORIC INTAKE! USE THE BELOW CALCULATION TO GUIDE YOURSELF ON QUANTITY OF CALORIES WHILE ON YOUR NEXT TRIP!

• FIRST, WE CALCULATE OUR BMR:

WOMEN: $BMR = 655 + (4.35 \times \text{WEIGHT IN LBS}) + (4.7 \times \text{HEIGHT IN INCHES}) - (4.7 \times \text{AGE IN YEARS})$

MEN: $BMR = 66 + (6.23 \times \text{WEIGHT IN LBS}) + (12.7 \times \text{HEIGHT IN INCHES}) - (6.8 \times \text{AGE IN YEARS})$

• SECOND, WE USE THE HARRIS-BENEDICT FORMULA TO MULTIPLY YOUR BMR BY A PHYSICAL ACTIVITY FACTOR (THIS IS WHERE TRAVEL VS NORMAL WILL DIFFER)

TOTAL CALORIES NEEDED PER DAY:
SEDENTARY (LITTLE OR NO EXERCISE): $BMR \times 1.2$
LIGHTLY ACTIVE (LIGHT EXERCISE 1-3 DAYS/WK): $BMR \times 1.375$
MODERATELY ACTIVE (MODERATE EXERCISE 3-5 DAYS/WK): $BMR \times 1.55$
VERY ACTIVE (HARD EXERCISE 6-7 DAYS/WK): $BMR \times 1.725$
EXTREMELY ACTIVE (VERY HARD EXERCISE AND PHYSICAL JOB OR TRAINING 2X/DAY): $BMR \times 1.9$

PROTEIN INTAKE:

AIM FOR 10-20% OF YOUR TOTAL CALORIES NEEDED PER DAY

CARBOHYDRATE INTAKE:

AIM FOR 50-70% OF YOUR TOTAL CALORIES NEEDED PER DAY



HYDRATION: THE SECRET TO MENTAL AND PHYSICAL CLARITY

STAYING HYDRATED IS ONE OF THE SIMPLEST YET MOST OVERLOOKED STRATEGIES FOR OPTIMAL PERFORMANCE. DEHYDRATION CAN LEAD TO FATIGUE, HEADACHES, AND IMPAIRED COGNITIVE FUNCTION, ALL OF WHICH NEGATIVELY IMPACT PRODUCTIVITY. FOR TRAVELERS, THE RISKS ARE EVEN HIGHER DUE TO THE DEHYDRATING EFFECTS OF AIR TRAVEL AND INCREASED PHYSICAL ACTIVITY. DRINKING WATER REGULARLY, SUPPLEMENTED WITH ELECTROLYTES FROM SOURCES LIKE COCONUT WATER OR ELECTROLYTE TABLETS, HELPS MAINTAIN ENERGY LEVELS AND PREVENTS THE DIPS IN CONCENTRATION THAT OFTEN ACCOMPANY LONG WORKDAYS.

SUPPLEMENTS: BOOSTING NUTRITION ON THE GO

SUPPLEMENTS CAN FILL IN NUTRITIONAL GAPS WHEN BALANCED MEALS AREN'T ALWAYS ACCESSIBLE. MULTIVITAMINS ENSURE YOU'RE MEETING DAILY REQUIREMENTS FOR ESSENTIAL NUTRIENTS LIKE VITAMIN D, WHICH SUPPORTS IMMUNE HEALTH. OMEGA-3 SUPPLEMENTS, DERIVED FROM FISH OIL OR ALGAE, ENHANCE BRAIN FUNCTION AND REDUCE STRESS-RELATED INFLAMMATION. FOR THOSE WHO STRUGGLE WITH ENERGY CRASHES, ADAPTOGENS LIKE ASHWAGANDHA OR RHODIOLA ROSEA CAN HELP STABILIZE ENERGY LEVELS AND COMBAT FATIGUE. BY INCORPORATING CAREFULLY SELECTED SUPPLEMENTS, TRAVELERS CAN MAINTAIN PEAK PERFORMANCE EVEN DURING DEMANDING SCHEDULES.

KEY SUPPLEMENTS FOR TRAVELERS:

- TOPICAL MAGNESIUM: PROMOTES HEALTHY SLEEP
- MULTIVITAMIN: PROMOTES OVERALL HEALTH
- VITAMIN D: PROMOTES HEALTHY IMMUNE SYSTEM
- ZINC: PROMOTES IMMUNE CELL DEVELOPMENT AND FUNCTION
- VITAMIN C: ULTIMATE IMMUNE BOOSTER
- B12 (PARTICULARLY FOR PLANT BASED DIETS): PROMOTES HEALTHY BLOOD AND NERVE CELLS, ENERGY, AND A HEALTHY NERVOUS SYSTEM

HOW DOES NUTRITION POSITIVELY IMPACT OUR PRODUCTIVITY?

- 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

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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.

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THE CONNECTION BETWEEN NUTRITION AND PRODUCTIVITY IS BACKED BY EXTENSIVE RESEARCH. WHEN YOU FUEL YOUR BODY WITH NUTRIENT-DENSE FOODS, YOU'RE PROVIDING THE ESSENTIAL VITAMINS, MINERALS, AND MACRONUTRIENTS NEEDED TO SUSTAIN ENERGY AND SUPPORT BRAIN FUNCTION. FOR EXAMPLE, FOODS RICH IN COMPLEX CARBOHYDRATES, LIKE WHOLE GRAINS AND LEGUMES, PROVIDE A STEADY RELEASE OF GLUCOSE TO THE BRAIN, HELPING MAINTAIN FOCUS AND MENTAL CLARITY THROUGHOUT THE DAY. CONVERSELY, CONSUMING SUGARY OR HIGHLY PROCESSED FOODS CAN CAUSE ENERGY SPIKES FOLLOWED BY CRASHES, LEAVING YOU FEELING FATIGUED AND UNFOCUSED.

HEALTHY EATING ALSO PLAYS A CRUCIAL ROLE IN MANAGING STRESS LEVELS. FOODS HIGH IN OMEGA-3 FATTY ACIDS, SUCH AS SALMON, WALNUTS, AND CHIA SEEDS, HAVE BEEN SHOWN TO REDUCE CORTISOL—THE BODY'S PRIMARY STRESS HORMONE. SIMILARLY, MAGNESIUM-RICH FOODS LIKE SPINACH, ALMONDS, AND DARK CHOCOLATE CAN HELP RELAX THE NERVOUS SYSTEM AND IMPROVE YOUR BODY'S RESPONSE TO STRESS. WHEN YOU PRIORITIZE A DIET FILLED WITH WHOLE, UNPROCESSED FOODS, YOU EQUIP YOUR BODY TO HANDLE THE PHYSICAL AND EMOTIONAL CHALLENGES OF TRAVEL WITH GREATER RESILIENCE.

ADDITIONALLY, PROPER HYDRATION AND BALANCED MEALS CONTRIBUTE TO BETTER SLEEP QUALITY, WHICH IS VITAL FOR PRODUCTIVITY. DEHYDRATION CAN LEAD TO HEADACHES, IRRITABILITY, AND DIFFICULTY CONCENTRATING—ALL OF WHICH NEGATIVELY IMPACT YOUR WORK PERFORMANCE. ON THE OTHER HAND, MEALS THAT BALANCE PROTEIN, HEALTHY FATS, AND FIBER NOT ONLY KEEP HUNGER AT BAY BUT ALSO STABILIZE BLOOD SUGAR LEVELS, REDUCING MOOD SWINGS AND ENHANCING YOUR ABILITY TO STAY CALM AND COMPOSED IN HIGH-PRESSURE SITUATIONS. BY MAKING MINDFUL NUTRITIONAL CHOICES, YOU'RE NOT JUST FEEDING YOUR BODY—YOU'RE OPTIMIZING YOUR MIND AND OVERALL PERFORMANCE.

KEEPING IT REAL WITH TRAVEL NUTRITION STATS

- 72% OF BUSINESS TRAVELERS REPORT MAKING UNHEALTHY FOOD CHOICES DUE TO LIMITED OPTIONS WHILE TRAVELING. (SOURCE: GLOBAL BUSINESS TRAVEL ASSOCIATION)
- BUSINESS TRAVELERS WHO MAINTAIN A HEALTHY DIET ARE 35% MORE LIKELY TO REPORT HIGHER PRODUCTIVITY LEVELS COMPARED TO THOSE WHO RELY ON FAST FOOD. (SOURCE: HARVARD BUSINESS REVIEW)
- 80% OF BUSINESS TRAVELERS REPORT FEELING MORE FATIGUED AND LESS PRODUCTIVE WHEN CONSUMING UNHEALTHY MEALS DURING TRIPS. (SOURCE: JOURNAL OF OCCUPATIONAL HEALTH)
- EMPLOYEES WHO MAINTAIN A HEALTHY DIET WHILE TRAVELING ARE 45% LESS LIKELY TO EXPERIENCE TRAVEL-RELATED BURNOUT. (SOURCE: AMERICAN JOURNAL OF LIFESTYLE MEDICINE)
- 67% OF BUSINESS TRAVELERS REPORT MAKING HEALTHIER FOOD CHOICES WHEN THEY PLAN THEIR MEALS AHEAD OF TIME. (SOURCE: GLOBAL BUSINESS TRAVEL ASSOCIATION)
- EMPLOYEES WHO EAT A BALANCED DIET ON WORK TRIPS EXPERIENCE 30% FEWER DIGESTIVE ISSUES COMPARED TO THOSE WHO FREQUENTLY EAT FAST FOOD. (SOURCE: JOURNAL OF OCCUPATIONAL AND ENVIRONMENTAL MEDICINE)
- 74% OF BUSINESS TRAVELERS WHO PRIORITIZE HEALTHY EATING REPORT HIGHER JOB SATISFACTION AND OVERALL WELL-BEING DURING WORK TRIPS. (SOURCE: CORPORATE TRAVEL HEALTH STUDY)



11

FOOD OPTIONS

FOR / FROM

THE AIRPORT



- 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
- 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

- | | |
|---|--|
| <ol style="list-style-type: none"> 1. Alfalfa 2. Canola 3. Corn* 4. Cotton 5. Papaya 6. Soy 7. Sugar beet 8. Zucchini/
Yellow summer squash 9. Animal products | <ol style="list-style-type: none"> 10. Microbes and enzymes 11. Potato 12. Apple 13. Eggplant 14. Pineapple |
|---|--|

*Except popcorn

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

100DaysOfRealFood.com



HOTEL.ATHLETE



05 MENTAL WELLBEING ON THE GO

WHY MENTAL WELL-BEING MATTERS FOR TRAVELERS

BUSINESS TRAVEL CAN BE EXHILARATING, BUT IT ALSO COMES WITH HIGH LEVELS OF STRESS, DISRUPTIONS TO ROUTINE, AND LONG PERIODS OF SOLITUDE. MAINTAINING A HEALTHY MENTAL STATE ISN'T JUST ABOUT FEELING GOOD—IT DIRECTLY IMPACTS PRODUCTIVITY, DECISION-MAKING, AND OVERALL PERFORMANCE. RESEARCH HAS SHOWN THAT CHRONIC STRESS CAN IMPAIR COGNITIVE FUNCTION, WEAKEN THE IMMUNE SYSTEM, AND LEAD TO BURNOUT. BY IMPLEMENTING PRACTICAL STRATEGIES TO MAINTAIN MENTAL WELL-BEING, TRAVELERS CAN STAY SHARP, RESILIENT, AND READY TO TACKLE ANY CHALLENGE.

THE SCIENCE BEHIND MENTAL RESILIENCE

STRESS AND MENTAL FATIGUE ARE COMMON CHALLENGES FOR FREQUENT TRAVELERS. CORTISOL, THE BODY'S PRIMARY STRESS HORMONE, SPIKES WHEN DEALING WITH TIGHT SCHEDULES, FLIGHT DELAYS, AND UNFAMILIAR ENVIRONMENTS. PROLONGED ELEVATION OF CORTISOL CAN LEAD TO ANXIETY, TROUBLE SLEEPING, AND DECREASED PROBLEM-SOLVING ABILITY. ON THE FLIP SIDE, MINDFULNESS PRACTICES, MOVEMENT, AND STRUCTURED ROUTINES HAVE BEEN SHOWN TO LOWER CORTISOL LEVELS, IMPROVE FOCUS, AND ENHANCE OVERALL WELL-BEING.

FURTHERMORE, STUDIES SUGGEST THAT TRAVEL ITSELF CAN STIMULATE NEUROPLASTICITY—THE BRAIN'S ABILITY TO ADAPT AND GROW. EXPOSURE TO NEW ENVIRONMENTS AND CULTURES ENHANCES CREATIVITY AND PROBLEM-SOLVING SKILLS. HOWEVER, THESE BENEFITS CAN ONLY BE FULLY REALIZED WHEN MENTAL WELL-BEING IS PRIORITIZED THROUGH INTENTIONAL STRATEGIES.

TRAVEL NUTRITION QUICK TIPS

- GET OUTSIDE AND BREATHE FRESH AIR FOR AT LEAST 15 MINUTES EACH DAY - THIS INCLUDES TRAVEL DAY, SO BUILD IT INTO YOUR SCHEDULE.
- THE AIRPLANE IS A PERFECT PLACE TO SIT WITH YOUR THOUGHTS - SKIP THE MOVIE AND RUSH OF THE SCREEN FOR SOME MEDITATION, WRITING, OR READING!
- BE SURE TO STRETCH OUT FOLLOWING A PLANE TRIP. BEING COOPED UP AND STIFF CAN NEGATIVELY IMPACT YOUR MOOD, STARTING YOUR TRIP OFF ON THE WRONG FOOT!
- UTILIZE THE 4-7-8 BREATHING EXERCISE TO PROMOTE RELAXATION DURING STRESSFUL PERIODS - 4 SECONDS IN THROUGH THE NOSE, 7 SECOND HOLD, 8 SECOND RELEASE THROUGH THE MOUTH.

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

”

THE POWER OF CONNECTION AND SOCIAL INTERACTION

WHILE BUSINESS TRAVEL CAN SOMETIMES FEEL ISOLATING, PRIORITIZING SOCIAL CONNECTION IS KEY TO MENTAL WELL-BEING. EVEN SMALL INTERACTIONS CAN MAKE A DIFFERENCE:

- **ENGAGE WITH COLLEAGUES OR LOCALS** - WHETHER IT'S A BRIEF CONVERSATION WITH A BARISTA OR NETWORKING WITH INDUSTRY PROFESSIONALS, SOCIAL ENGAGEMENT IMPROVES MOOD AND REDUCES FEELINGS OF LONELINESS.
- **VIRTUAL CHECK-INS WITH FAMILY & FRIENDS** - SCHEDULING REGULAR CALLS WITH LOVED ONES HELPS MAINTAIN EMOTIONAL BALANCE AND REDUCES STRESS.
- **JOIN A FITNESS CLASS OR GROUP ACTIVITY** - PARTICIPATING IN A LOCAL WORKOUT CLASS OR GROUP EVENT CAN CREATE A SENSE OF COMMUNITY WHILE MAINTAINING HEALTH GOALS.

MANAGING STRESS IN HIGH-PRESSURE SITUATIONS

HIGH-STAKES MEETINGS, TRAVEL DELAYS, AND TIGHT SCHEDULES ARE INEVITABLE PARTS OF BUSINESS TRAVEL. HERE ARE WAYS TO STAY CALM AND COLLECTED:

- **REFRAME CHALLENGES AS OPPORTUNITIES** - VIEWING OBSTACLES AS CHANCES TO LEARN AND ADAPT FOSTERS RESILIENCE.
- **USE VISUALIZATION TECHNIQUES** - BEFORE A BIG MEETING OR PRESENTATION, VISUALIZE SUCCESS AND POSITIVE OUTCOMES TO REDUCE ANXIETY.
- **TAKE BREAKS AND MOVE** - EVEN A SHORT WALK BETWEEN MEETINGS CAN HELP RESET THE MIND AND ENHANCE COGNITIVE PERFORMANCE.

PRACTICAL TIPS FOR MENTAL CLARITY

- **MINDFULNESS AND MEDITATION** - STARTING OR ENDING THE DAY WITH MEDITATION HELPS GROUND YOUR THOUGHTS AND REDUCE ANXIETY. APPS LIKE HEADSPACE OR CALM OFFER GUIDED MEDITATION SESSIONS TAILORED FOR TRAVELERS
- **JOURNALING** - WRITING DOWN THOUGHTS, GOALS, AND REFLECTIONS CAN PROVIDE CLARITY AND REDUCE STRESS. CONSIDER KEEPING A SMALL NOTEBOOK OR USING A JOURNALING APP.
- **MAINTAINING A CONSISTENT ROUTINE** - HAVING A MORNING AND EVENING ROUTINE, EVEN WHILE TRAVELING, CREATES A SENSE OF STABILITY THAT HELPS REDUCE MENTAL FATIGUE.
- **GRATITUDE PRACTICES** - STUDIES SHOW THAT PRACTICING GRATITUDE CAN SIGNIFICANTLY REDUCE STRESS AND IMPROVE OVERALL MOOD. TAKE A FEW MINUTES EACH DAY TO REFLECT ON POSITIVE MOMENTS.
- **THE POWER OF NATURE**: WHENEVER POSSIBLE, SPEND TIME OUTDOORS. A WALK IN A LOCAL PARK OR EVEN A FEW MINUTES OF FRESH AIR CAN IMPROVE MOOD AND MENTAL CLARITY.



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.



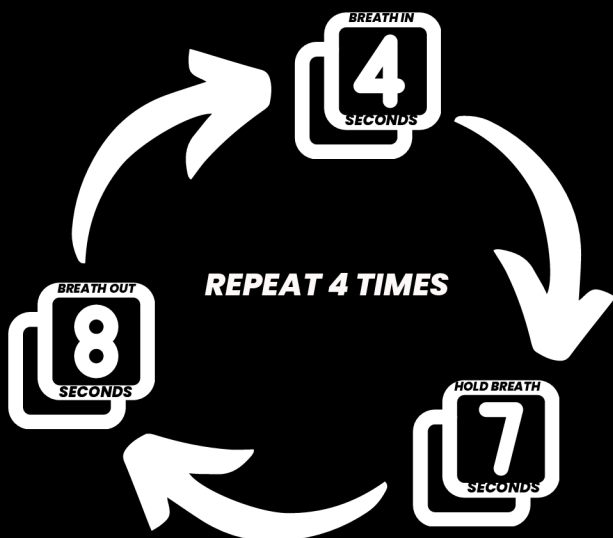
FINAL THOUGHTS ON MENTAL WELL-BEING FOR THE TRAVELER

PRIORITIZING MENTAL HEALTH WHILE TRAVELING ISN'T JUST ABOUT AVOIDING STRESS—IT'S ABOUT OPTIMIZING PERFORMANCE, MAINTAINING BALANCE, AND ENHANCING THE OVERALL EXPERIENCE OF BEING ON THE ROAD. BY INCORPORATING MINDFULNESS, SOCIAL CONNECTION, AND STRUCTURED ROUTINES INTO YOUR TRAVEL LIFESTYLE, YOU CAN ENSURE THAT EACH TRIP LEAVES YOU FEELING STRONGER, MORE FOCUSED, AND MORE FULFILLED.

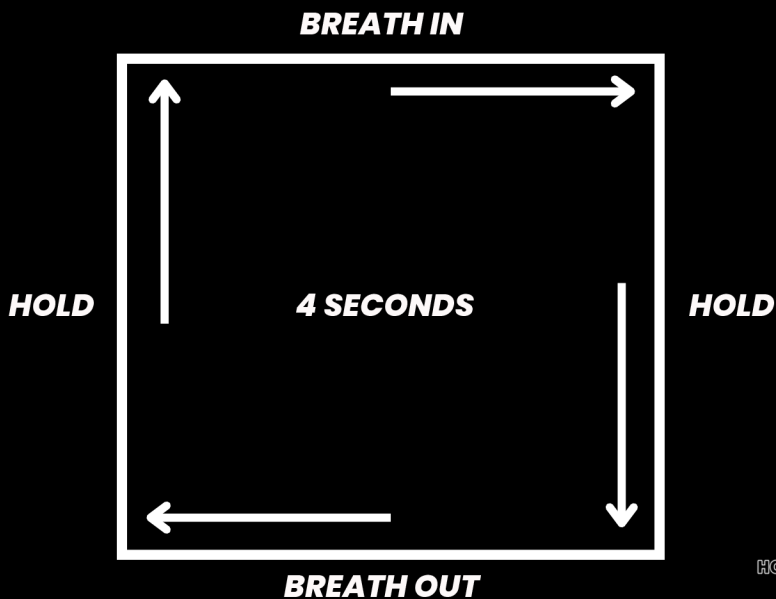
9 YOGA POSES FOR TRAVELERS



4-7-8 BREATHING



BOX BREATHING





06 SLEEP STRATEGY SUCCESS

THE SCIENCE BEHIND SLEEP AND BUSINESS TRAVEL

SLEEP IS THE FOUNDATION OF PEAK PERFORMANCE, YET BUSINESS TRAVELERS OFTEN SACRIFICE QUALITY REST DUE TO CHANGING TIME ZONES, LATE-NIGHT WORK OBLIGATIONS, AND UNFAMILIAR SLEEPING ENVIRONMENTS. SCIENTIFIC RESEARCH CONSISTENTLY LINKS SLEEP DEPRIVATION TO IMPAIRED COGNITIVE FUNCTION, WEAKENED IMMUNE RESPONSE, AND DECREASED DECISION-MAKING ABILITY.

WHEN YOU SLEEP, YOUR BRAIN CONSOLIDATES MEMORIES, PROCESSES INFORMATION, AND REMOVES TOXINS THAT ACCUMULATE THROUGHOUT THE DAY. FOR BUSINESS TRAVELERS, THESE FUNCTIONS ARE CRITICAL FOR STAYING SHARP IN MEETINGS, MAKING SOUND DECISIONS, AND MAINTAINING PRODUCTIVITY ON THE ROAD. ADDITIONALLY, SLEEP PLAYS A KEY ROLE IN EMOTIONAL REGULATION—HELPING YOU MANAGE STRESS, STAY PATIENT, AND RESPOND CALMLY TO HIGH-PRESSURE SITUATIONS.

STUDIES HAVE SHOWN THAT JUST ONE NIGHT OF POOR SLEEP CAN LEAD TO A 20-30% REDUCTION IN COGNITIVE PERFORMANCE, WHILE CHRONIC SLEEP DEPRIVATION INCREASES THE RISK OF BURNOUT, ANXIETY, AND MOOD INSTABILITY. PRIORITIZING QUALITY SLEEP ISN'T JUST ABOUT FEELING WELL-RESTED—IT'S ABOUT ENSURING YOU CAN FUNCTION AT YOUR HIGHEST LEVEL DURING EVERY WORK TRIP.

WHY SLEEP IS NON-NEGOTIABLE

QUALITY SLEEP IS CRUCIAL FOR RECOVERY, MENTAL PERFORMANCE, AND OVERALL HEALTH. YET, THE DEMANDS OF TRAVEL OFTEN LEAD TO POOR SLEEP HABITS. PRIORITIZING REST WILL HELP YOU STAY SHARP AND RESILIENT.

TRAVEL SLEEP QUICK TIPS

- FOLLOW THE 3-2-1 RULE: NO FOOD 3 HOURS BEFORE BED, NO LIQUIDS 2 HOURS BEFORE BED, AND NO SCREENS 1 HOUR BEFORE BED.
- CREATE A RESTFUL ENVIRONMENT: USE BLACKOUT CURTAINS, A SLEEP MASK, OR A WHITE NOISE APP TO BLOCK OUT DISTURBANCES.
- STICK TO A ROUTINE: TRY TO GO TO BED AND WAKE UP AT THE SAME TIME EACH DAY, EVEN ACROSS TIME ZONES.
- OPTIMIZE YOUR HOTEL ROOM: ADJUST THE THERMOSTAT TO A COOL TEMPERATURE (AROUND 65°F), USE EARPLUGS IF NEEDED, AND REQUEST A QUIET ROOM AWAY FROM ELEVATORS.
- INCORPORATE RELAXATION TECHNIQUES: DEEP BREATHING, MEDITATION, OR PROGRESSIVE MUSCLE RELAXATION CAN HELP CALM YOUR NERVOUS SYSTEM BEFORE BED.



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.



- **ENHANCED MEMORY AND LEARNING:** SLEEP STRENGTHENS NEURAL CONNECTIONS, HELPING YOU RETAIN NEW INFORMATION—ESSENTIAL FOR BUSINESS TRAVELERS ATTENDING CONFERENCES, MEETINGS, OR NEGOTIATIONS.
- **BOOSTED IMMUNE SYSTEM:** TRAVELING EXPOSES YOU TO DIFFERENT GERMS AND BACTERIA. SLEEP ENHANCES IMMUNE FUNCTION, REDUCING YOUR CHANCES OF GETTING SICK ON THE ROAD.
- **IMPROVED MOOD AND STRESS MANAGEMENT:** LACK OF SLEEP INCREASES CORTISOL LEVELS, MAKING STRESS HARDER TO MANAGE. RESTORATIVE SLEEP HELPS REGULATE EMOTIONS AND IMPROVES OVERALL MOOD.
- **BETTER DECISION-MAKING AND FOCUS:** SLEEP DEPRIVATION IMPAIRS JUDGMENT AND REACTION TIMES, WHICH CAN BE DETRIMENTAL WHEN MAKING BUSINESS DECISIONS.
- **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.

BY IMPLEMENTING THE SLEEP STRATEGIES AND TIPS IN THIS SECTION, BUSINESS TRAVELERS CAN OPTIMIZE THEIR SLEEP, REDUCE FATIGUE, AND ENHANCE OVERALL PERFORMANCE ON THE ROAD. REMEMBER, PRIORITIZING SLEEP ISN'T A LUXURY—IT'S A NECESSITY FOR SUSTAINED SUCCESS.

COMBATTING JET LAG

JET LAG IS ONE OF THE BIGGEST SLEEP DISRUPTORS FOR BUSINESS TRAVELERS. THE BODY'S INTERNAL CLOCK, OR CIRCADIAN RHYTHM, STRUGGLES TO ADJUST QUICKLY TO NEW TIME ZONES, LEADING TO GROGGINESS, INSOMNIA, AND REDUCED PERFORMANCE. TO MINIMIZE JET LAG:

- **GRADUALLY SHIFT YOUR SCHEDULE:** A FEW DAYS BEFORE YOUR TRIP, START ADJUSTING YOUR SLEEP AND MEAL TIMES TO ALIGN WITH YOUR DESTINATION'S TIME ZONE.
- **GET NATURAL LIGHT EXPOSURE:** SUNLIGHT IS THE STRONGEST REGULATOR OF YOUR CIRCADIAN RHYTHM. SPEND TIME OUTDOORS UPON ARRIVAL TO HELP YOUR BODY ADAPT.
- **STAY HYDRATED AND AVOID ALCOHOL OR CAFFEINE:** DEHYDRATION EXACERBATES JET LAG SYMPTOMS, WHILE STIMULANTS AND ALCOHOL CAN INTERFERE WITH DEEP SLEEP.
- **CONSIDER MELATONIN SUPPLEMENTS:** MELATONIN HELPS REGULATE SLEEP-WAKE CYCLES AND CAN BE USEFUL WHEN TRANSITIONING TO A NEW TIME ZONE. CONSULT A HEALTHCARE PROFESSIONAL BEFORE USE.



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.



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.

WILL ALCOHOL AFFECT MY SLEEP?



LOW AMOUNTS OF ALCOHOL DECREASED SLEEP QUALITY BY 9.3%



MODERATE AMOUNTS OF ALCOHOL DECREASED SLEEP QUALITY BY 24%



HIGH AMOUNTS OF ALCOHOL DECREASED SLEEP QUALITY BY 39.2%

LESS THAN 2 DRINKS FOR MEN AND LESS THAN 1 DRINK FOR WOMEN

APPROXIMATELY 2 DRINKS FOR MEN AND 1 DRINK FOR WOMEN

MORE THAN 2 DRINKS FOR MEN AND MORE THAN 1 DRINK FOR WOMEN





07 YOUR JOURNEY STARTS NOW

BUSINESS TRAVEL DOESN'T HAVE TO MEAN SACRIFICING YOUR HEALTH AND WELL-BEING. THROUGHOUT THIS BOOK, WE'VE EXPLORED STRATEGIES THAT EMPOWER YOU TO MAINTAIN A STRONG, FOCUSED, AND RESILIENT MINDSET WHILE ON THE ROAD. BY PRIORITIZING FITNESS, NUTRITION, MENTAL WELL-BEING, AND SLEEP, YOU CAN TURN EVERY TRIP INTO AN OPPORTUNITY FOR GROWTH RATHER THAN A CHALLENGE TO YOUR HEALTH. THE HOTEL ATHLETE MINDSET IS ABOUT TAKING CONTROL AND MAKING INTENTIONAL CHOICES THAT LEAD TO SUSTAINED SUCCESS.

FITNESS REMAINS A CORNERSTONE OF MAINTAINING ENERGY LEVELS AND REDUCING STRESS DURING TRAVEL. WHETHER IT'S USING HOTEL GYMS, DOING BODYWEIGHT EXERCISES IN YOUR ROOM, OR WALKING INSTEAD OF TAKING TAXIS, MOVEMENT IS CRUCIAL. INCORPORATING EVEN SHORT BURSTS OF ACTIVITY CAN IMPROVE CIRCULATION, BOOST COGNITIVE FUNCTION, AND KEEP YOU PERFORMING AT YOUR BEST IN MEETINGS AND PRESENTATIONS. THE KEY IS PLANNING AHEAD AND MAKING FITNESS A NON-NEGOTIABLE PART OF YOUR TRAVEL ROUTINE.

NUTRITION PLAYS AN EQUALLY VITAL ROLE IN ENSURING SUSTAINED ENERGY AND FOCUS. MAKING SMART CHOICES, SUCH AS PRIORITIZING WHOLE FOODS, STAYING HYDRATED, AND PACKING HIGH-PROTEIN SNACKS, CAN PREVENT ENERGY CRASHES AND SLEGGISHNESS. BY PLANNING MEALS AHEAD OF TIME AND RESEARCHING HEALTHY DINING OPTIONS, YOU CAN FUEL YOUR BODY WITH NUTRIENT-DENSE FOODS THAT SUPPORT OPTIMAL PERFORMANCE. AVOIDING PROCESSED FOODS AND EXCESS SUGAR HELPS MAINTAIN MENTAL CLARITY AND KEEPS STRESS LEVELS MANAGEABLE.

BEYOND PHYSICAL HEALTH, MENTAL WELL-BEING IS ESSENTIAL FOR THRIVING AS A BUSINESS TRAVELER. STRESS MANAGEMENT TECHNIQUES SUCH AS MEDITATION, DEEP BREATHING, AND JOURNALING CAN HELP MAINTAIN FOCUS AND REDUCE ANXIETY. SOCIAL CONNECTIONS, EVEN THROUGH BRIEF CONVERSATIONS OR VIRTUAL CHECK-INS WITH LOVED ONES, CAN PREVENT ISOLATION AND IMPROVE MOOD. BY FOSTERING MINDFULNESS AND SELF-CARE HABITS, YOU CAN CREATE A BALANCED APPROACH TO BUSINESS TRAVEL THAT ENHANCES BOTH PROFESSIONAL AND PERSONAL FULFILLMENT.

FINALLY, SLEEP IS THE ULTIMATE PERFORMANCE ENHANCER. PRIORITIZING REST THROUGH STRATEGIES LIKE MAINTAINING A CONSISTENT BEDTIME, OPTIMIZING YOUR SLEEP ENVIRONMENT, AND MANAGING JET LAG EFFECTIVELY ENSURES THAT YOU WAKE UP REFRESHED AND READY TO TACKLE YOUR DAY. QUALITY SLEEP SUPPORTS COGNITIVE FUNCTION, EMOTIONAL STABILITY, AND IMMUNE HEALTH, MAKING IT ONE OF THE MOST CRITICAL ASPECTS OF MAINTAINING PEAK PERFORMANCE ON THE ROAD. BY INTEGRATING THESE HABITS INTO YOUR TRAVEL ROUTINE, YOU POSITION YOURSELF TO SUCCEED, THRIVE, AND TRULY EMBRACE THE HOTEL ATHLETE LIFESTYLE.

BEING A HOTEL ATHLETE ISN'T ABOUT PERFECTION; IT'S ABOUT COMMITMENT. BY FOCUSING ON FITNESS, NUTRITION, MENTAL WELL-BEING, AND SLEEP, YOU'LL TRANSFORM THE WAY YOU TRAVEL—MAKING IT NOT JUST A NECESSITY BUT AN OPPORTUNITY FOR GROWTH AND SELF-CARE. REMEMBER, EVERY SMALL STEP YOU TAKE BRINGS YOU CLOSER TO BECOMING THE HEALTHIEST, MOST RESILIENT VERSION OF YOURSELF.

WELCOME TO THE HOTEL ATHLETE COMMUNITY. LET'S

REDEFINE WHAT IT MEANS TO THRIVE ON THE ROAD!





HOTEL ATHLETE



JON & JOSH
CO-FOUNDERS HOTEL ATHLETE

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