

BECOMING A



HOTEL ATHLETE



Who is the Hotel Athlete?

Anyone who is traveling and remains dedicated to their health, fitness, and well-being



The “Issues”



Not My Gym

The discomfort of new or different equipment & atmosphere



Social Life

Life on the road is full of entertainment expectations



Eating Out

No opportunity to eat healthy when on the go



No Down Time

Colleagues and clients demand every ounce of our time



The Hotel Athlete Approach

LIKE A “PROF”ESSIONAL

1

Prepare

Physically and mentally set up your trip for success with pre-trip prep

2

Research

Know every situation that you are entering once you leave your door

3

Obliterate

Remove obstacles that typically detour you out of the gate

4

Follow-through

You’ve done the leg work, now just put it in action



The Hotel Athlete Staples



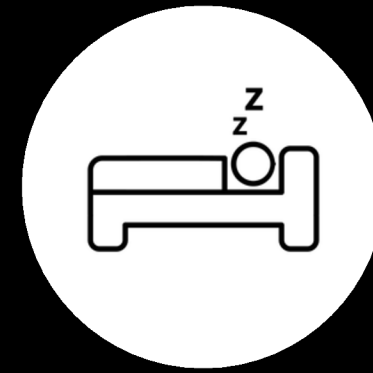
Exercise

To be our best, energized selves on the road, we must stay active



Nutrition

Proper nutrition keeps us fueled up and able to be our best selves when traveling



Sleep

The extra stress of the road needs to be combatted with the proper rest



Mental Clarity

Travel provides endless stimuli, which needs to be countered with mindful practices





Exercise

P

Pack your workout gear first

Pack equipment

Create / bring workout plan

R

Know your hotel gym

Active outdoor options

Expected weather

Nearby full service gyms

O

Carve out time and schedule it

Have a plan B workout for limited time / change of plans

F

Don't skip - shorten if needed

Track your stats

6K+ steps

30 minutes outdoor movement





Nutrition

P

Pack carry on with healthy snacks

Pack checked bag with staples

Prepare pre and post travel meals

R

Know your airport options

Know your local cuisine/grocery options

Bonus: Kitchenettes

O

Snack healthy before going out

Prep in the room

Stay hydrated

F

Order like a BOSS

Limited alcohol

Don't let 1 poor decision snowball

Mental toughness





Sleep

P

Pack eye masks

Pack magnesium

Pack your pillow

Get a sleep app

Bring a book

R

**Know your daily
social agenda**

**Are there outdoor lit
areas for a peaceful
evening walk**

O

**Turn the room temp
down**

**Cover lights, even as
small as the clock**

Keep the TV off

Avoid late caffeine

F

Aim for 7-9 hours

**Keep socialization to
early evening**

3-2-1 Method

Consistent bedtime





Mental Clarity

P

Pack a journal

Pack a book

**Meditation apps
loaded**

**Weather appropriate
clothes**

R

**Find natural areas
near your stay for the
benefits of nature**

**Which colleagues /
clients are uplifting**

O

**Turn off phone until
after me time**

**Schedule breaks in
agenda for down time**

F

**Practice breathing
exercises multiple
times a day**

Get into nature

Move your body

Posture focus



YOU'RE ON YOUR WAY TO BECOMING A



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