

PHILLIP BAZZINI FITNESS

Travel Tips



When traveling on a plane for a trip, either business or pleasure, with some advance planning, fitness does not have to take a vacation. Here are some suggestions to help incorporate fitness and health into your flight and travel plans.

Before your Flight

- If staying in a hotel, book one that has a gym and inquire exactly what equipment is in the gym. Is there a pool? Are there dumbbells (how many, what weights), weight bench, a treadmill (in working order), universal lifting machine?
- ★ Always pack a pair of athletic shoes suitable for walking, running, hiking, or weight lifting. My travel sneakers are usually Gore Tex lined trail running shoes (waterproof and versatile).
- ★ Pack suitable travel food and at least two 16.9 ounce water bottles into your carry on. PowerBar minibites, Met-Rx Big 100 protein bar, trail mix, or pre-sliced apples all travel easily.
- Ask your trainer what specific exercises are suitable for you in the absence of exercise equipment. Lunges, squats, stair climbing (two or three at a time), pushups, floor exercise, yoga, walking, and running do not require equipment.
- Consider bringing a jump rope, elastic exercise cords, 4.4 pound medicine ball, and a yoga mat, all of which pack easily.
- Pack a swimsuit and goggles if there is a pool.
- If protein supplementation is a part of your nutrition plan, include a shaker bottle and your mix in a zip lock bag. Don't forget your vitamins.
- If possible, order the vegetarian or gluten free meal ahead of time. I find this meal more nutritious than the meat based regular meal.
- Include antibacterial lotion or hand wipes in your carry on.
- Book a non smoking room with windows that actually open.
- Pack shower tongs for the hotel bathroom and shower to protect your feet from germs.
- To protect your back, your carry on luggage ideally has wheels and your backpack, European carry-all, or pocketbook is kept at a light weight.
- I also recommend photo copying your passport in case you lose the real one. In case the airline loses your checked bag, pack your absolute essential items in your carry on.

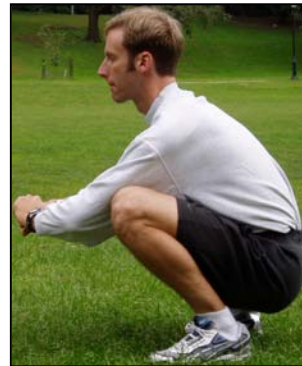
During the Flight

- ★ A priority when boarding the plane is obtaining a fresh, clean pillow and a blanket. The pillow is for your lower back to help maintain lordosis, and the blanket is for your feet on the floor.
- Plan to finish the water bottles before the flight is over.

- Wash your hands frequently, brush your teeth, and avoid rubbing your eyes for germ protection.
- ★ Get up and frequently walk through the cabin. Actively stretch wherever space permits. Gentle trunk bends and twists, ankle circles, standing cat stretch, knee lifts, shoulder rolls, and deep squats require little space and will help keep you limber.
- Use a moisturizer, artificial tear eye drops, and lip balm to help keep skin, eyes, and lips from getting too dry.
- No alcohol, soda or caffeinated beverages during the flight.
- Consider bringing a book, magazine, portable DVD or MP3 player.
- Set watch to new time zone.

Post Flight

- Continue to consume water and healthy snack foods.
- Walk through the terminal instead of using moving sidewalks.
- ★ Always use proper lifting mechanics when retrieving luggage from the carousel. Squat, straight back (lordotic curve), lift with legs, weight close to body.
- At the hotel, inspect the workout facilities. If they are not sufficient, inquire where the local gyms are located and what equipment they have. Purchase a day pass (usually about \$20).
- If exercising at a local gym, consider (if appropriate) taking a class or using different equipment than your regular routine for variety.
- ★ Purchase more water bottles.
- Enjoy your trip!



The lunge is an outstanding strength building exercise that requires no equipment and the deep squat is a tremendous stretching exercise for the legs.

Many thanks to Teresa L. Brevetti, M.D. in assisting with this article.