



# FIT BUSINESS

POCKET FITNESS GUIDE FOR

*Corporate Travel*



[www.mastersuites.net](http://www.mastersuites.net)



# Introduction

Staying on a regular exercise routine can be difficult for those who often travel for business. Just when you get into the habit of going to the gym each morning to your favorite class or set of weights, then you have to break routine for a business trip.

This pocket guide is not meant as an in-depth study on exercise, but rather a handy fitness reference guide for the road. Save it on your tablet and bring it up when you need ideas or reminders for healthy travel. Or, print it out and keep it in your carry-on. Either way, we hope this guide gives you a good foundation and structure for maintaining an enjoyable and effective exercise routine while you're away from home on a business trip.

# ***RUNNING***

*“My preferred exercise is running. I find I can check out whatever city I am in while getting my workout done.”*

-- TABITHA, Finish Line Footwear Buyer and marathon runner

Tabitha hits upon a really important idea here. She combines her exercise with other tasks to make an enjoyable routine while she's away. She can combine sightseeing in a new city with her fitness goals. You can do this by running, jogging, or fast walking.

## ***Pro-tip:***

*Check with the concierge for outdoor running suggestions.*



# BIKING

*“Pain is temporary. It may last a minute, or an hour, or a day, or a year, but eventually it will subside and something else will take its place. If I quit, however, it lasts forever.”*

-- LANCE ARMSTRONG

Many cities now offer a bike share program. You can purchase a day pass and ride the bike anywhere in the city. There are usually bike stations throughout the city, and you can hop off, park the bike at a station, and pick up another bike somewhere else, for as long as the pass allows.

## **Pro-tip:**

*Combine souvenir shopping, sightseeing, running errands, and exercise with bike share. Carry a backpack or messenger bag to store your items.*

A background image of a swimmer in a pool, overlaid with a semi-transparent red filter. The swimmer is wearing a red swim cap and goggles, and is captured in a dynamic pose, possibly during a stroke. The top of the image features a green banner with the word 'SWIMMING' in white, bold, sans-serif capital letters.

# SWIMMING

*"I feel most at home in the water. I disappear. That's where I belong."*

-- MICHAEL PHELPS

If you enjoy swimming, choose accommodations with a pool. Even if you're not much of a lap swimmer, you can benefit through recreational swimming, exercises in the water, and meeting new people. If you're on a business assignment, carefully consider the short-term housing you choose. A nice pool in your housing community might be worth considering if swimming is one of your favorite types of exercise.

# **THE GYM** *National Chains*

If you are a regular traveler, consider signing up for a gym in your hometown that has a national presence. National chains will give you the option of buying an all-inclusive membership to any location.

## **THESE INCLUDE**

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**24 HOURS FITNESS**

**LA FITNESS**

**BALLY TOTAL FITNESS**

**SNAP FITNESS**

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# CROSSFIT *Workout*

CrossFit can be controversial topic, so if you're not in the CrossFit camp, feel free to skip this section.

As a fun hobby, many CrossFitters like to visit other CrossFit gyms when away for work or vacation. You can almost always find a CrossFit location in or near major cities. Gyms expect "drop-ins". Sometimes they charge a drop-in fee, but other times they let you work out for free if you buy a t-shirt or other merchandise.

*"I don't count my sit-ups. I only start counting when it starts hurting. That is when I start counting, because then it really counts. That's what makes you a champion."*

— MUHAMMAD ALI

# **HOTEL ROOM** *Workout*

A short business trip most likely will land you in a hotel. Many people dislike working out in an unfamiliar hotel gym. If you find yourself at a conference where you have an hour in your room, squeeze in this quick workout to get your heart rate up and some activity into your stiff muscles.

## **WARM UP (5 MINUTES)**

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**JUMPING JACKS**

**SIT UPS**

**PUSH UPS**

**PLANKS**

**AIR SQUATS**

**BURPEES**

**WALKING LUNGES**

**HIGH KNEES**

**BUTT KICKS**

**COOL DOWN (5 MINUTES)**

You can set a time for each exercise (1 minute each), and go through the entire round with 10 second breaks in between. Or have a set number of reps for each exercise.

*"I created a mini cardio workout  
that tends to be easiest to do in  
hotel rooms, but still gets my heart  
pumping"*

— TABITHA



# **GO-ANYWHERE** *Jump Rope Routine*

Bring a jump rope for a high-intensity, 15-minute routine that you can do anywhere.

**60 SECOND JUMP ROPE**

**25 SQUATS**

**75 SECOND JUMP ROPE**

**15 LUNGES**

**60 SECOND JUMP ROPE**

**30 WALL SQUATS**

**60 SECOND REVERSE JUMP ROPE**

**60 SECOND PLANK**

**60 SECOND JUMP ROPE**



# MOBILE APPS



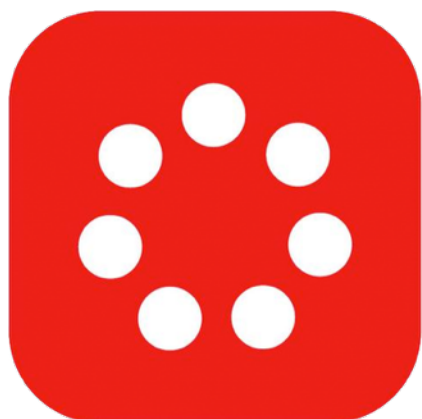
## ***Map My Run***

Just type in the address where you're staying and the app brings up a map of the area with running routes highlighted. This is a great app to keep track of your runs, see where you've been, and explore new routes that fellow runners have mapped. You can rate a route and leave tips, so the app is super helpful if you're in a new city and want to find the best running and walking paths.



## ***My Fitness Pal***

Research shows that keeping a fitness journal doubles your weight loss. This app is a great way to log your calories and exercise (calories in/out). The food database is extensive and most of the foods you eat are easily found in the app.



## ***Johnson & Johnson's 7-Minute Workout***

This app guides you through a 7-minute cardio workout that you can do with minimal props (like a chair or wall). Tabitha's "hotel room workout" above is similar to the 7-Minute Workout, and many of the exercises she mentions are in this app. It's like having a personal coach right in your room with you.



## ***Fitbit***

A Fitbit is an activity tracking device you wear that syncs with an app on your phone or tablet. It tracks how many calories you've burned in a day, and depending on the device, how many flights of stairs climbed, miles walked, heart rate and more. You can also compete with your friends, which is a good way to stay motivated on the road. You may not have your usual circle of friends nearby, but you can still digitally check-in on how they're doing and they can see your results, as well.

# Travel Fitness Plan Checklist

## **Find a buddy.**

It's easy to neglect a workout when you're away from home on business. Convince a co-worker to go for a run with you, or meet a new neighbor. Not everyone prefers working out with someone else, but many of us are more likely to follow through when we're not alone.

## **Write down your plan.**

Plan and write out a workout schedule or routine and stick with it. Tell other people about your plan to help keep you accountable.

## **Have a specific goal.**

Sign-up for a half-marathon or a 5K in the near future. The anticipation and training for an event can be very enjoyable and energizing, and it gives you tangible metrics to work toward. For example, "I have to get a 5 mile run in to stay on my training schedule."

## **Keep a journal.**

Tracking your progress is a proven way of successfully reaching your fitness goals. Whether you are trying to burn a certain number of calories a day, or walk/run a set number of miles, you should keep a fitness journal. My Fitness Pal is a good app to get you started.

## **Pack appropriately.**

Don't forget to pack work out clothes and shoes!

# About Master Suites

For extended stays of a month or more, Master Suites is your corporate housing partner. We provide all of the comforts of home.

Master Suites offers a turnkey alternative for temporary housing. Each full size apartment is tastefully decorated, for style and convenience, and comes complete with everything from towels, blankets and cookware to telephone service and high speed internet.

**Request a Quote**

or call **(866) 792-1783** to speak with a corporate housing specialist



We can help you find the  
**perfect temporary**  
*or*  
**corporate housing**  
accommodations.