

## **No (Travel) Excuses – Be Healthy**

*Easy ways to stay fit and feel good while on the road*

by Robyn Davis, When I Need Help

Everyone knows it is important to “be healthy” and most people try to do so consistently. However, especially for those who travel, almost everyone can think of a few excuses as to why they did not exercise their bodies, eat smart, enrich their minds, and obtain quality sleep. Here are some easy ways to counter the most common excuses:

### EXERCISE YOUR BODY

*If you are thinking, I can't do my regular exercises away from my gym...*

Take advantage of the hotel gym. Some hotels have relationships with local fitness centers as well, so if their facilities are not up to the standards you expect, ask about an exchange opportunity.

*If you are thinking, I didn't travel all this way to stay inside...*

Explore the city and get your heart rate up by running or walking along a safe, well lit path (some cities even have pre-set “walking tour” routes you can follow – use your GPS or ask the hotel concierge for a map).

*If you are thinking, I don't have time to work out...*

Utilize the time you do have by adding extra exercise into what you have to do anyway. Take the stairs instead of the escalator or elevator, carry your materials and luggage yourself, and park further away from your destination.

### EAT SMART

*If you are thinking, I don't know where to start – this menu is huge!*

Look through the menu and find an entrée in one of the “Heart Smart” or “Reduced Calorie” sections (these items are designed to be both healthy and tasty). Even at most quick service restaurants, you can choose from salads, fruit, and other healthy options for your convenience on the go.

*If you are thinking, the food I like is not healthy...*

Ask your server to tailor your menu choice to better suit your needs by substituting healthy items for any included items that are less healthy. For example, request vegetables instead of onion rings, ask for your salad dressing on the side, and select grilled chicken instead of chicken that has been breaded and fried. Most chefs will be

happy to accommodate your requests and these small changes at each meal can make a huge difference over the course of your trip.

*If you are thinking, but I was invited to attend a special meal...*

Make the most of the options available to you if possible. However, to account for any meals where the “healthy” options still are not great for you, plan to allow yourself one meal where you can splurge. Just hold yourself to a condition: limit all of your remaining food and drink to healthy items only – no excuses.

### ENRICH YOUR MIND

*If you are thinking, I am always in my car...*

Listen to a book on tape (or CD) while you are driving across town. If your trip is not long enough for a whole book, select a series of short motivational recordings instead.

*If you are thinking, sometimes it's not my fault that I miss the time I set aside to read...*

Keep a book in your carry on, purchase a handheld e-reading device, or download an application for your phone so you can read relevant content while you are waiting for a delayed flight or in between appointments. Also, keep a notebook handy so you can record your thoughts and ideas as they come to you.

*If you are thinking, by the time my day is finished, I'm too tired to learn ...*

Take advantage of a quiet moment to just think. Visualize what your life will be like after you have accomplished your current goals. Consider any challenges you are facing and meditate on possible solutions.

### OBTAIN QUALITY SLEEP

*If you are thinking, it's too loud to fall asleep quickly and too bright to stay asleep...*

When you confirm your hotel reservation, ask for a room that is on a high floor and away from noise (including elevators, traffic, and ice machines). Bring a sleep mask and pair of ear plugs, just in case.

*If you are thinking, I was going to go to bed early, but I had to take care of a last minute issue...*

Make sure that everything you need to accomplish for your trip is done before you leave. This way, you will have more time to handle the unexpected on-site without losing sleep. Do not forget to set voicemail and e-mail notifications, assign a contact person for any ongoing projects, and create a Plan B, C, and D for any issues that could arise.

*If you are thinking, I don't know why I'm so tired – I slept well last night...*

Research suggests that your body is most affected by the sleep you get (or do not get) two nights before a big event. Be sure that you are well rested not only the night before your next event but also the night before the night before the big day to ensure you are on top of your game.



ABOUT THE AUTHOR: Robyn Davis is an accomplished event hostess and experienced marketing consultant... she is here when you need help! Robyn has more than ten years of leadership experience and a well rounded background. Offering on-site sales and marketing support to exhibitors and pre-/post-event consulting services, Robyn is definitely not just a stereotypical "Booth Bunny."

Learn more about Robyn Davis and When I Need Help by visiting her website (<http://www.whenineedhelp.com>) today.

---

---

*Published in Salesopedia (distributed in Salesopedia Media, Volume 4, Number 43),  
Elevate your Marketing Efforts (Anniversary Issue), and EzineArticles*

---

---