



## Advanced Industrial Services, Inc.

### Company Wellness Spotlight

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#### **How to keep in shape while on the road!**

Whether you travel for business or pleasure, being on the road usually leads to one thing: weight gain. From missed workouts to large restaurant meals, travel days often become high calorie days. Next time that you go on the road keep the following tips in mind, and come home leaner than when you left!

#### **TIP #1: STICK WITH CIRCUITS**

When you find yourself in a poorly equipped hotel exercise room, make the best of it. You are not going to be able to get in a normal workout like you would at your local health club, so you will have to make do with the available equipment. A great way of doing this is to workout in a circuit. Most hotel exercise rooms will have at least one piece of equipment for each body part, and they are usually as empty as a ghost town, so a circuit will work well. Do one set on each body part, and then hop on a bike or treadmill for 10 minutes. Repeat this two more times, and you will find yourself sweating up a storm.

#### **TIP #2: BURN CALORIES EVERYDAY**

If your travels keep you too busy for a workout, or if your hotel does not have an exercise room, make a conscious effort to burn calories everyday. There are many different ways to fit some calorie burning into your day. Go on a brisk walk after your day's activities. This is a great way to see a new city, and also a great way to burn off the rich dinner you just ate! Take the stairs instead of elevator in your hotel and any other buildings you visit. Go on a short jog in the mornings or evenings of your stay. If your hotel has a pool, swim a few laps each morning or evening.

#### **TIP#3: WATCH PORTION SIZE**

Eating out is a must when traveling. Whether you are visiting 5 star restaurants or fast food diners, you are faced with the same problem: large portions. While the easiest thing to do with a large portioned meal is to simply eat it all, that isn't the easiest on your waist! When you order your meal ask the waiter or waitress to bring you a to-go box with your meal. This way you can take half of the meal and place it safely into the box before you even begin to eat. You will have no choice but to eat a healthy portion, and you have your next meal taken care of. If you would rather not carry around a to-go box then ask that your entrée be made into a smaller portion. If it is dinnertime ask for the lunch-sized entrée.

#### **TIP #4: AVOID FRIED FOODS**

While fast food restaurants are definitely convenient, with their low prices and quick service, this convenience is not worth the inevitable weight gain brought on by the burgers and fries. When you travel, keep this in mind: avoid fried foods. While this is always good advice to follow, it is even more important to abide by while traveling.

While traveling you are most likely to be burning less calories each day than you would normally burn at home, and you are consuming more calories due to your schedule of eating out. You are walking a fine line, and eating fried foods would throw you right over the edge of weight gain. A gram of fat contains 9 calories as compared to the 4 calories that proteins and carbohydrates carry, so you can see that consuming fried foods will drastically increase your calorie intake. If I still haven't convinced you to pass on the French fries, keep in mind that heartburn and indigestion are never fun, but how about experiencing them on an airplane, bus, or train ride!

#### **TIP #5: BODY WEIGHT ROUTINE**

When your hotel doesn't have an exercise room, and you still want to get in some type of workout, try this body weight routine right in your hotel room:

- 20 Jumping Jacks: you remember these from grade school! Start jumping!
- 20 Push Ups: Get on the floor, keep your back flat, and push!
- 20 Jumping Jacks
- 20 Crunches: Keep your hands behind your head and breathe out as you crunch up.
- 20 Jumping Jacks
- 20 Triceps Dip: Place your palms on the edge of a chair, bend at your elbows and push yourself back up!
- 20 Squats: Stand in place, with your knees shoulder width apart, squat down!
- 20 Jumping Jacks
- 20 Lunges: Keep your hands on your waist, step forward keeping a 90degree bend in your knee, and press yourself back up!

Don't forget we're all in this together and AIS promotes wellness for all employees. By living a healthier lifestyle, we can see a positive outcome on our bottom line when it comes to our health care coverage costs.

***Remember - "Health is Wealth"***