

the official newsletter of the pcma capital chapter

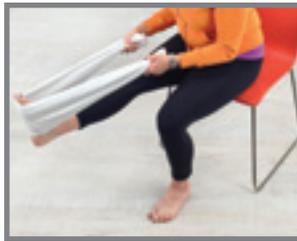
Travel Fitness with Hotel Towels

No time or too tired to go the hotel gym early morning or at the end of your workday? No room to pack your workout clothing? The good news is that you don't have to go to the gym to reap some of the benefits of resistance training and stretching. Grab a towel in your hotel room and let's begin!

Stretches

Hamstring Stretch

Stiff legs from being on your feet all day? Here's a great hamstring and calf stretch that you can do sitting in a chair. Place your right leg forward and flex your foot upward with a bath towel. Keep your right leg straight. With a straight back lean forward into the stretch. Hold the stretch for 15-30 seconds before switching legs.



Shoulder Stretch



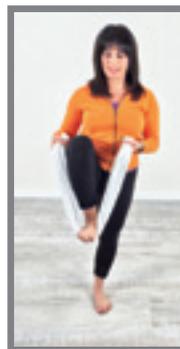
Let's loosen up the shoulders that inevitably become stiff from sitting or standing with a slouched posture. This shoulder flexibility exercise is great for ladies who find it challenging to zip up their dress from behind.

Make a wide V shape with your arms while holding the towel. Keep your arms as straight as you are able while rotating your arms backward and forward over your head five times.

Strengthening Exercises

Bicep Curls

Here's a great exercise that strengthens your biceps while improving your hip mobility. Hold each end of the bath towel and anchor your foot in the middle. Keep your elbows close to your sides. Use your foot to apply continuous resistance as you pull up on the towel as hard and high as you can. Continue to apply pressure to the towel with your foot while lowering your forearms downward. Do five repetitions at maximum effort.



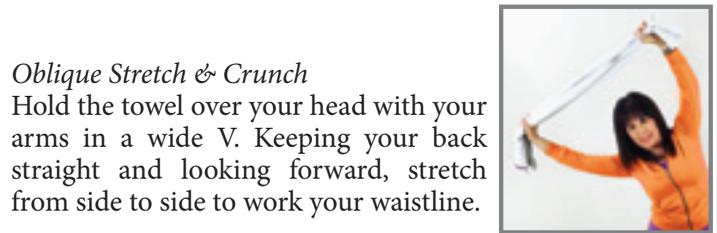
Upper Back Squeezes

This is a great isometric exercise for your upper back. Hold the towel at shoulder height and shoulder distance apart in front of your body. Pull outwards on the towel while contracting your back muscles. Hold the contraction for 10 seconds and release. Repeat five times. Remember to breathe regularly.



Lat Pull Downs

Start by holding the towel over your head with your arms in a wide V. Keeping a continuous resistance, bending your elbows, lower the towel to your chest, exhale and then raise your arms back over your head. Repeat this exercise 10 times.



Oblique Stretch & Crunch

Hold the towel over your head with your arms in a wide V. Keeping your back straight and looking forward, stretch from side to side to work your waistline.

Using towels to stretch and strengthen can change the way travelers think about exercise – by making it easy to integrate basic fitness into the busy travel day. •

by Dr. Kim
President & Chief Exercise Officer, Exercise Bytes, Inc.



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