

the official newsletter of the pcma capital chapter

Fitting Fitness into Your Business Travels

According to *Forbes* magazine, “event coordinator” is among the top 10 most stressful jobs of 2014. Meeting planners work long hours, travel extensively and consume delicious foods and beverages. There is limited time to exercise, de-stress, and burn off the extra calories.

The American College of Sports Medicine’s guidelines for exercise are as follows:

- Minimum 150 minutes of moderate-intensity aerobic activity every week,
- or
- Minimum 100 minutes of vigorous-intensity exercise every week
- and
- 2-3 days per week of muscle strengthening, stretching and neuromotor exercises

Sounds exhausting? Overwhelming? You don’t need to do your exercises all at once. Try breaking activity into several 10-minute increments throughout the day. Still too much? A little exercise is better than nothing. Every minute or step matters—so get moving!

Here are some ways to “fit” fitness into your travel schedule:

At the airport:



- Take a brisk walk while waiting for your flight.
- Walk between terminals instead of taking the train.
- Do some stair or escalator climbing.
- Purchase a day pass at the airport hotel or airport fitness center instead if you face flight delays or long layovers.

On the airplane:

- Stretch your legs at your seat (e.g., heel raises) or while waiting to use the restroom.
- Walk up and down the aisle to increase blood flow in your legs and prevent blood clots.
- Stretch your neck and shoulders to relieve tension from sitting hunched over when reading or working on the plane.



At the hotel:

- Use the pool or gym before or after your event.
- Walk and climb stairs wherever possible throughout the day.
- Wear a pedometer to measure your activity level as you strive to achieve 10,000 steps per day.

In your hotel room:

No time for or interest in the hotel gym? Self-conscious about being seen by your colleagues in workout clothes? Exercise in the privacy of your own hotel room. Here’s how:

- Use your body as your strength training gym: Do push-ups, sit-ups, triceps dips, planks, squats, lunges, etc.
- Add some cardio and interval training: run in place, simulate rope skipping, do jumping jacks and plyometrics.
- Incorporate stretches, yoga or tai chi to complete your workout.
- Use a smart phone exercise app as your virtual personal trainer.

Finding the time for fitness—even in small doses—is enough to re-charge your body and mind, and change your travel experience. •

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The PCMA Capital Chapter is where “You Belong”!

Mission: The Capital Chapter of the Professional Convention Management Association (PCMA) delivers breakthrough education, encourages involvement in community-based service programs, and promotes the value of professional convention and meeting management at the local level.