

NEWSLETTER

Travel and Exercise

When away from home on business or pleasure, sticking to your workout program can be a major problem. Most exercise equipment is far from portable. Even small hand held weights can overburden an already bursting suitcase. At a five star hotel you can probably use the facilities, but most of us would rather not spend half the morning waiting for a turn on the treadmill. But with a few simple



adjustments, you can turn any vacation day into a productive workout day. **Your own bodyweight** can produce all the resistance necessary to challenge your limits of strength and endurance. With the addition of some very lightweight, inexpensive items, you can also provide yourself with a great degree of variety, and therefore, a more effective approach.

Resistance bands, or tubing offer a safer way to challenge muscles when by limiting any strain on surrounding joints. Lengths of tubing that come in various resistance levels, weigh almost nothing and take up little space. When combined with a simple door anchor, bands make available a wide variety of exercise options. At home as well, they represent a handy substitute for bulky, more expensive forms of resistance equipment.

Pack Your Snacks

You never know when there will be long delays when you're traveling -- especially around the holidays -- so if you plan ahead, you won't be stuck going to the first fast-food place you find.

Some portable snack options include:

- Raw nuts (but keep the portions to about 1/4 cup)
- Fresh or dried fruit (1/4 cup)
- ½ Bagels
- Pretzels and low-fat cheese stick
- Low-sugar granola bars
- Low-fat energy bars
- Mini carrots
- Bottled water

Core Strength Training and Athletic Performance - Because the muscles of the trunk and torso stabilize the spine from the pelvis to the neck and shoulder, they allow the transfer of powerful movements of the arms and legs. All powerful movements originate from the center of the body out, and never from the limbs alone. Before any powerful, rapid muscle contractions can occur in the limbs, the spine must be solid and stable and the more stable the core, the most powerful the extremities can contract.

What to Eat Before a Workout

Your goal is to have fueled your body with nutritious food that is no longer present in your stomach when you work out. The pre-exercise food prevents hunger during exercise. Carbohydrates are easily digested, but foods high in protein and fat will linger in the stomach for some time, depending how much you ate.

Pre-Exercise eating tips

Experiment with your eating schedule to see what works best for you. Keep these tips in mind:

1. A high carbohydrate, low fat snack is easily digested and normalizes blood sugar
2. Avoid fatty meals or snacks, because they delay stomach emptying
3. Meal should be moderate in protein, just enough to satisfy hunger
4. Drink lots of fluids. Your snack can be a liquid meal such as a fruit shake
5. A light workout can be preceded with a light snack, but leave more lead time for intense workouts

Ten snack ideas before a workout

The snack should contain 40 to 100 grams of carbohydrates, and low in fat. Too much fiber may stimulate the digestive system at an inappropriate time.

- * Milk and 12 crackers, 2 tbsp. peanut butter (54 grams carb)
- * Banana and yogurt (56 grams)
- * Bagel with jelly and juice (83 grams)
- * Cereal (1 oz.) and milk (34 grams)
- * Juice and pretzels (50 grams)
- * Sports drink, 16 oz (30 grams)
- * Sports bar and water (20-50 grams)
- * Fresh fruits such as oranges or bananas (15-25 grams per)
- * Low-fat vegetable soup, chicken noodle or to mato and crackers (40-50 grams)
- * Blueberry muffin or fig bars and milk (45 grams)