

EXOS[®]

TRAVEL

6 TIPS FOR HEALTHIER TRAVEL

Travel doesn't have to derail your healthy habits. With this customizable workout routine, you can build strength, boost energy, and improve your focus. One strength circuit takes about five minutes, so build your workout around your schedule. This is perfect if you're crunched for time. If you have a few extra minutes, do the strength portion more than once before completing the stretches.

MOVEMENT PREP

- + Inverted Hamstring
1 set, 6 reps each
- + Reverse Lunge Elbow to Instep
1 set, 6 reps each



STRENGTH

- + Reverse Lunge – Alternating
1-3 sets, 8 reps each
- + Pushup
1-3 sets, 8-15 reps each
- + Running in Place
1-3 sets, 30 seconds
- + Squat – Mini Band
1-3 sets, 8 reps
- + Ys – Bent Over
1-3 sets, 8 reps
- + Jumping Jacks
1-3 sets, 30 seconds
- + Lateral Pillar Bridge
1-3 sets, 30 seconds



REGENERATION

- + Bent Knee Hamstring Stretch
1 set, 8 reps each
- + Supine Leg Cradle
1 set, 8 reps each



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PACK A HEALTHY CARRY-ON

Finding healthy snacks at the airport isn't always easy. Remove the temptation to ditch your healthy eating by packing healthy options. Stock up on green tea packets, dried fruit, granola, nuts, beef jerky, and protein bars (look for more than 3 grams of fiber per serving).



DRINK UP

You need about half an ounce of water per pound of body weight each day, but it's easy to get out of the habit of drinking what you need when you're traveling. Tuck an empty water bottle in your carry-on. Fill it up after passing through security.



HAVE A BALL

Travel can wreak havoc on your body, leaving you with aches and pain. Put a tennis ball in your carry-on bag. Roll it under your arches or roll your body over it to relieve tension in your shoulders, neck, and back.



EAT BREAKFAST

Breakfast sets the tone for the rest of your day. Fill your plate with high-fiber carbs, lean protein, healthy fats, and colorful fruits and veggies. Great breakfast options include oatmeal with fruit and almonds, an egg scramble with veggies and a piece of whole-wheat toast, or Greek yogurt with high-fiber cereal and mixed berries.



SOAK UP THE SUN

Another way to adjust your body clock is with natural sunlight. When you arrive at your hotel, instead of just crashing, grab a sports drink and a high-protein snack and go for a walk outside. You'll stimulate your mind and prepare your body for the trip ahead.



COLOR YOUR PLATE

Aim to get three colors from fruits and veggies on your plate at every meal. You'll reap the benefits of a variety of nutrients, keep your meals from getting boring, and stay energized during your travels.