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## Women's Travel Tips



# Exercising & Relieving Stress

*If you often travel on business, it can be very sedentary. After a long day of sitting at meetings, a little exercise can be so rejuvenating. It can also be a great way to start the day. If you've planned ahead by booking a room in a hotel with a health club and packed your swimsuit and gym clothes, now all you need to do is get dressed and go. Otherwise, you need to explore other options.*

### Local Gyms

Look for gyms with a steam room and sauna. Rather than work out in a hotel gym, you may seek out local ones to feel the pulse of the city. Get help from the hotel concierge, and get a day pass to a local gym. Do you belong to health club at home and is it part of an international chain? If so, you may have reciprocal privileges at facilities in other cities. Your local club may be able to arrange for passes ahead of time.

### Walking or jogging

Consider taking to the city streets for some walking or jogging if you have time in daylight hours. It's also a great way to see the surroundings, check out on nearby restaurants and shops and discover sights you miss by going about in cabs.

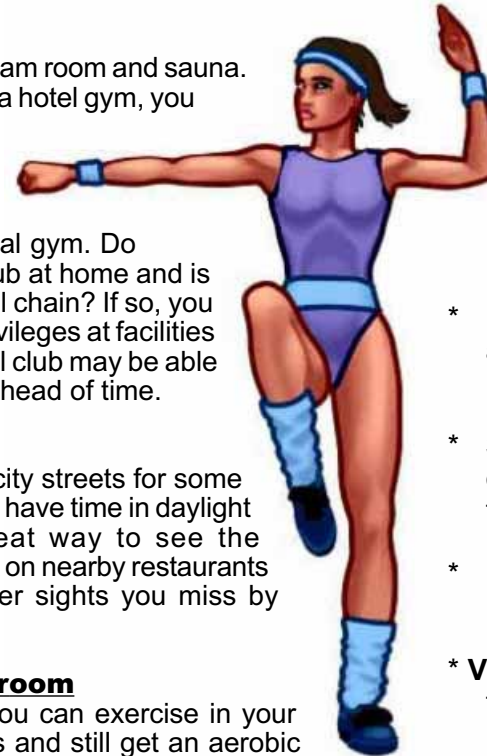
### Exercising in your room

On really busy days, you can exercise in your room for 20-30 minutes and still get an aerobic work-out. Turn on the radio and dance to work up a sweat. Do high steps in place, pretending to walk very steep stairs. Just don't jump around or cause so much noise that you'll wake your neighbours.

If you need to raise your heart rate even more, pump your arms up and down at the same time you work your lower body.

### Insiders Tip

For additional tips about exercising in a hotel room, be sure to check out the following web sites: [www.delta-air.com/womenexecs](http://www.delta-air.com/womenexecs), and [Budgetel.com](http://Budgetel.com)



### Relieving stress

Part of keeping healthy on the road is keeping your stress level low. You need to relax and not let all the excitement and tensions of the day build up. Why? Because you'll make better decisions and be more able to listen to others without stress.

### De-stress tips

- \* **Be aware** of what parts of your body are tense. Know when your shoulders are tensing up and your jaws are tightening. Focus on the tense parts and concentrate on them, telling them to relax.
- \* **Breathe deeply.** Breathe in through the nose and out through the mouth. Deep breathing helps tense muscles loosen up.
- \* **Slow down** if you're walking or talking quickly. When you rush through walking and talking, it makes you even more nervous.
- \* **Listen to music.** Pleasant music helps you to relax and unwind.
- \* **Visualize** a relaxing place. Many relaxation techniques begin with this image. Imagine your perfect vacation place---perhaps a white sandy Caribbean beach, a pine forest or a ski lift ascending to the top of a mountain.
- \* **Imagine** yourself in the perfect places and feel the tension flow out of your body.

