

How Can Frequent Travelers Keep Fit?

While a motivated person may easily keep fit and keep weight under control when at home, the situation is different for those regularly on the road

The Fitness Hazard for Travelers

Frequent business travelers face considerable challenges in keeping fit:

- They spend larger than average amounts of time in sedentary situations such as sitting in aircraft, vehicles, restaurants, and bars;
- They are likely to suffer from more stress and poorer sleep owing to time zone changes and extended work hours;
- Their diets may suffer owing to the temptation to increase intake of *comfort foods*;
- They are deprived of many of their regular fitness generating activities, including their sports partners, sporting and social clubs, family members, and local team activities.

One of the few fitness fallbacks that travelers have is the hotel gym. However, the average hotel gym is not a particularly attractive place – often hot and stuffy, with less equipment than one would like, and not quite the right companions. Such factors typically cause hotel guests to spend less time in the gym than they really should to maintain fitness.

Some travel advisors advocate exercising in the hotel room but that idea is of little help. Any trainer will confirm that a good exercise session demands breaking a sweat, which is simply not practical in the hotel room. Any hotel room activity that approaches an adequate workout will unquestionably cause more of an annoyance to neighboring room guests than it provides benefit to the person exercising.

Why Not Just Run?

There is one activity that can keep a traveler fit, while increasing wellness generally – running (or jogging or athletic walking) outdoors. This activity is very efficient, requires carrying only a pair of running shoes, shirt, and shorts, is invigorating in fresh air and a new environment, can be done alone or with company, and is very inexpensive. In fact, there are so many good qualities one might wonder why more travelers do not systematically run outdoors in places they visit.

The resistance to running outdoors stems mainly from concerns about possible security risks, possible road traffic incursions, and other unknowns that might lead to some form of unpleasantness.

But all cities have some places where one can run with other runners around and without substantial concerns of the above type. All that is necessary is to point the runner to the general areas, and even the specific on-foot routes, that are good for running and where risks of environmental problems are very low. So what travelers need is more solid, reliable information on the best places to run in the cities they visit.

Beyond some basic directions, it is very helpful if a traveler has additional information that can help make an on-foot outing a truly enjoyable experience, thereby motivating the traveler to actually venture out. Here are some general factors that combine to make an on-foot route irresistible:

- Good underfoot conditions;
- A “good” neighborhood; nasty surprises are unlikely;
- Not too many other people and not too few;
- Minimal disruptions from intersecting auto roads;
- Pretty scenery; interesting sites to pass along the way;
- Public transit to the start and finish points;
- A loop route is more enjoyable than an out-and-back route;
- A suitable place to wind down for a refreshing beverage or snack at the end.

The US Traveler’s Running and Walking Guide Book

Taking into account all the above requirements, Wyltan Books has published a runner’s guide book to 14 major metropolitan regions: **Atlanta, Boston, Chicago, Dallas, Denver, Indianapolis, Los Angeles, Minneapolis, New York, Philadelphia, San Diego, San Francisco, Seattle and Washington DC.**

Fun on Foot in America’s Cities is authored by Warwick Ford, a retired corporate executive and long-time road warrior who became convinced of the need for such a book, because of the challenges he so often faced in getting enough exercise when on the road.

This book describes the overall running environments in the metropolitan regions covered and spells out in full detail over 50 selected running routes that best meet the irresistibility requirements. It includes maps of all routes with mileages, restrooms, water fountains, attractions and public transit options. All routes were researched personally by the author and his wife. Downloadable copies of all maps are available.

How to Obtain the Book

Buy *Fun on Foot in America’s Cities* online from www.funonfoot.com.

As a low-cost addition to wellness programs for corporations with traveling employees, Wyltan Books also offers the book under special discount pricing. A corporate downloadable eBook is also available.

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