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Who Says You Can't Stay Healthy and Fit When You Travel?
Leah Garcia, Fitness Expert,
Offers Road-Tested Tips and Strategies to Keep You
Feeling Energized and Naturally Caffeinated™* on the Go

***naturally caffeinated™:** *adjective*

A state of high energy, enthusiasm, and enjoyment of life.

A term used to describe individuals who energize their bodies and their lives through movement, activity, and healthy living.

As the **Creator of the Zone Workout Series™**, a TV sports commentator, fitness trainer, and frequent flyer, **Leah Garcia** knows the value of maintaining a fitness routine. Here are a few of her **tips for overcoming obstacles to a healthy lifestyle that frequent travel often poses.**

► **Make Fitness Amenities a Priority When Choosing a Hotel**

Look for venues with these **fitness "facilitators"**: an on-site fitness center and/or an indoor swimming pool (both open at hours when you'd use them); **in-room fitness Video-On-Demand programming** (go to www.zoneworkout.com to find hotels offering the **Zone Workout Series™** of in-room, On-Demand fitness videos); a hotel located near an outdoor running and biking path or park.

► **Create—and Follow—Your Personal 'Game' Plan:** Start each day on the road with a fitness plan: when, and what, you'll eat; when, where, and how you'll exercise; even the amount of quiet time and sleep you'll need. Your travel schedule may require fine-tuning, but the more you stick to your routine, the better you'll feel and perform.

► **When You Can't Work Out Long, Work Out *Hard*:** Don't try to replicate a lengthy, at-home exercise or sports program. (Who has time to run/walk miles or complete an hour-long routine on the road?) Instead, **focus on completing an intense session—whether it's 20 or 30 minutes—of physical activity or exercise. Focus on the quality of your workout—not the "quantity."** With an intense, condensed workout, **you'll maintain overall muscle and cardiovascular tone**—and have less trouble (and pain) getting back into a longer routine at home.

► **'Work Out' Without Actually *Working Out*:** Get a fitness boost from even small actions.

- **Towel Up!** Grab a bath towel and **s-t-r-e-t-c-h for a few minutes to begin (or end) the day.** Using both hands, hold the towel above your head, keeping it taut at each end. Pull with one hand, while using the other to resist. Vary your movements. As you reach-and-resist, you're **stretching your arms, torso and trunk, which helps increase circulation and improve flexibility.**
- **Floss—and Stretch!** Throw a leg up on the sink or on the commode (Make sure they're sturdy enough to support your weight!) and stretch your leg while you floss your teeth. Not only will you become more flexible—you'll also **improve your balance and coordination**, which creates stronger stabilizer muscles (those little muscles that support the bigger ones in the body), **help reduce injuries, and improve muscular stability.**
- **Talk and Twist:** Between meetings? Having a casual chat? **Stand in a doorway. Reach out and grab the doorjamb with your palm**, arm straight and extended. As you bend your knees, slowly lower and rotate your torso so that your arm is extended behind your body. This movement stretches the muscles in the arm and the chest, which **helps relieve tension from long hours of sitting** in cramped airplane seats, at meetings, or working on your laptop.
- **Hang Up & Down! (Your Body, Not the Phone!)** Find a secure overhead bar, a ledge, a rail, or a cranny — and hang by your hands. In a few seconds, you'll feel the full weight of your body. (A quick reality check on how much you truly weigh!) As you hang, gravity will stretch your spine, shoulders, and arms—which should **relieve a lot of tension and help un-kink taut, tense muscles.** It's fun and it **dramatically improves your grip, which can help prevent injuries when carrying and lifting heavy luggage and other items.**
- **Sit—and Stand Up—Straight:** You may not have a six-pack but you *can* look slimmer, taller, and more confident in seconds. **Maintaining good posture**—head up, neck extended, shoulders back, spine straight and tall, rib cage contracted, and belly button scooped in toward your vertebrae—**helps you look and feel better. Sitting and standing properly also helps strengthen your core (the abdominals and muscles surrounding the trunk and spine), minimizing lower-back pain and overall fatigue.**
- **Laugh!** Watch how your stomach muscles contract and get tighter during the hoot. The release of endorphins alone will **naturally improve your mood and energy level.** And laughing long and hard is a better energizer than eating high-calorie, high-sugar, high-carb, high-fat snacks!