

Health & Fitness

> OUR GUIDE TO STAYING IN SHAPE WHILE YOU'RE ON THE ROAD



Travel Fitness

Keeping fit and healthy while travelling can be a challenge, but maintaining regular exercise will enable you to explore that much further and get the most out of your experience. And, if you're intending to take part in any adventure activities while on your trip, arriving in good shape is an essential part of the planning process. **By Tory Trehwitt** Illustration **Guy Shield**

When most people plan a holiday, the last thing they consider is fitness. However, exercise is something that you must do daily to maintain a healthy and balanced lifestyle, both physically and mentally, so here are a few practical solutions that you can add to your travel schedule. Follow them and not only will you feel better while you're away, you'll also avoid undoing all your previous good work.

IN FLIGHT

Most of us treat flying as a means to an end and don't pay much attention to the physiological stress that it places on the body. In order to hit the ground running, it's vital to understand what happens to your body while you're flying high. The main physiological problems are adjusting to the low pressure in the cabin and the low humidity levels caused by the

pressurised oxygen that you're breathing. These factors can cause light-headedness, aches and pains, swollen feet and hands, and possibly even lead to Deep Vein Thrombosis (DVT). To address these stressors and improve your comfort level while flying and on arrival, you must pay attention to what you eat and drink. Here are some tips:

- Avoid salty foods and drinks as they may cause increased bloating.

DEEP VEIN THROMBOSIS

DVT is commonly referred to as 'economy class syndrome', but this description isn't accurate. DVT can occur to any traveller who finds themselves in a sitting position for an extended period of time - it can happen in planes, cars, buses and trains. Long periods of immobility can lead to the development of blood clots, which are basically DVT. These are most commonly caused in the lower limbs and, in a worst-case scenario, DVT can lead to a pulmonary

embolism. The biggest concern is that the symptoms are very hard to diagnose. It's believed that you are more susceptible to DVT if you are over 40, and the older you get, the greater the risk. There are a number of ways to reduce the risk of DVT:

- Regularly move around if possible. Constantly keep your lower limbs moving.
- Try a few simple exercises while seated (most flights offer information about these exercises).

- Always keep up your water consumption in transit.
- If you are over 40 or have a family history of DVT, do not drink alcohol before or during the travel phase.
- Wear compression clothing to assist with your circulation.
- Prior to travel (12 hours) take a low dose of aspirin. Take another low dose in transit, and then more for three days afterwards.* (*Asthmatics, check this with a doctor first.)

- Consume small portions as they're easier to digest whilst in flight. Eat fruit and carbohydrates whenever possible.
- Carry some healthy snacks in your hand luggage. Drink at least 250ml water per hour (carry your own water bottle when possible).
- Avoid alcohol, tea and coffee. High altitude more than doubles the effect of alcohol on the body, and booze and caffeine will dehydrate you. This is particularly important for athletes travelling to an event.

EXERCISING ON THE ROAD

The Effective Equipment-Free Workout is only limited by your imagination, or perhaps space, but if you can find two metres by two metres, you're in business...

My simple rule is to design a circuit program based on intensity over time. Too many people think we need an hour of exercise a day, and if you can't find an hour then it's ineffective. This is not true. Start by designing a body weight circuit with a small cardiovascular component that breaks the workout into sections:

WARM UP - Depending on the location, you can either go for a short run (5-10 minutes) outside, or simply use what's around you. Hotel stairs are an excellent way to elevate your heart rate while also providing some resistance exercises for your legs. If that isn't an option, use the corridor - jog the length then turn around and shuttle run door-to-

door on the way back. Alternatively, jog to the first door, then jog backwards to the second door then sideways to the third door and so on. If you can't leave your room, jog up and down on the spot changing knee height and speed for four to six minutes to elevate your heart rate to a reasonable level



GEAR TIP

Therabands are very useful travel companions, the list of exercises you can do with them is almost limitless

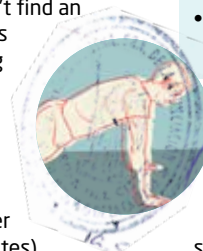
Tory Trehwitt is an exercise physiologist, personal trainer, health consultant, business owner and ultra-marathon runner. He is the owner and operator of Trewhealth Pty Ltd based at the Melbourne Sports and Aquatic Centre in Albert Park, Melbourne. Trewhealth has a very strong reputation in the fitness industry, employing university-qualified staff who specialise in personal training, corporate health, facility management, rehabilitations, sports science and group fitness classes (Bootcamps and Executive Overhauls). For more see trewhealth.com.au, or contact Trewhealth by emailing tory@trewhealth.com.au or calling 1300 137 422.

BODY WEIGHT WORKOUT

Make the circuit time based; either 30 seconds or one minute per exercise.

Sample Circuit: (10-15 minutes)

- Push ups
- Squats
- Dips
- Lunges
- Diamonds
- Step ups
- Sit ups
- Oblique curls
- Bridge
- Cardio (stairs, hall shuttles, skipping, jogging on the spot).



Hit the hotel stairs and run up the first flight every step, second flight every second step, third flight every third. Continue this format for five minutes. Alternatively, hit the hallway and do a few shuttle runs (three) then go straight back into another circuit - this time alternating the upper and lower body with a few extra core exercises such as crunches. Try extending your exercise time on a second circuit up to 20 minutes and for extra effectiveness, include both circuits in your exercise routine.

ATHLETES TRAVELLING FOR COMPETITIONS

When travelling interstate or overseas for a competition, I try to keep my routine as regular as possible. It's very important to adjust your body clock, and the easiest way to do this is to avoid extra external stressors prior, during and after travel. Following are a few quick tips:

- Take non-stop flights where possible to reduce travel time.
- Request an emergency exit or aisle seat so you can do discreet exercises, or walk the aisle.
- Never travel hungry. Take your own water and healthy snacks if possible.

- Dress comfortably and always try and use compression tights.
- Exercise prior to departure and on arrival, complementing both sessions with a good stretching routine.
- Give yourself a day or two to adjust to the new time zone after arrival. It's thought that it takes your body one day to adjust per time zone crossed.
- When possible, pack your competition clothes and equipment in your carry-on luggage (you don't want to arrive and then discover it has taken an independent holiday).

BE A WINNER Score a Verofit athlete's pack

How do you keep in shape while travelling? Share your secrets for arriving at interstate and overseas destinations in top condition by emailing editorial@outer-edge.com.au and you could win a pack consisting of one canister of lemon/lime Isotonic drink powder and two meal replacement bars, cappuccino and berry flavour (total RRP \$32). Verofit's isotonic drink contains six minerals commonly lost through perspiration and 10 vitamins that facilitate the assimilation of carbohydrates.

