

10 Fit Tips to Travel By: For the Ladies

It can be tough to stay on track with your fitness routine and healthy eating habits when you're on the road. But staying on track with exercise and diet can help you maintain some semblance of sanity and structure in your hectic travels. Follow these 10 tips to make sure you don't miss a beat when you're away from home.

1. Start your day right. We all know that breakfast is the most important meal of the day, so don't just rely on caffeine to get you through the morning. Packing healthy granola bars and fruit is an easy way to make sure you always have a bite to eat in the mornings. And you don't even need an oven to make a hot breakfast: Use hot water from the coffee pot to make oatmeal in your hotel room.

2. Avoid jet lag. It can be hard to adjust to a different time zone. To combat the fatigue, you can begin to adjust your bed and waking times for your destination before leaving. Once you arrive, try to get on local time as soon as possible. Bypass the caffeine and alcohol to avoid any disruption to your sleep schedule, and stay hydrated by loading up on water. If you find it hard to adjust, try to use the time difference to your advantage: If you're up at 5 a.m. unnecessarily, hit the gym or go for a walk before your day begins.

3. Walk, walk, walk. If you know your busy trip won't allow for much workout time, fit in walks whenever possible. Walk at the airport while waiting for your flight, or walk to explore the city you're visiting. If you opt out of the cab and walk to your destination, both your company and your waistline will thank you.

4. Sneak it in. You don't need to do a full-out sweat session to get good exercise, so sneak it in when possible. Do calf raises while brushing teeth, or trade the elevator for the stairs. Doing a few push-ups, squats and lunges in the morning will keep you active until you can return to your regular workouts.

5. Schedule it. It's easy to let a busy trip derail your normal routine. Treat a workout as a priority, and schedule it like you would an important meeting. Stick to your plan, and don't succumb to coworkers or cocktails until after you get your workout in.

6. Get together. Take a walk around the city with your group or meet up at the gym with work friends. Suggest walking to the restaurant instead of taking a short drive if you're heading out for a business dinner.

7. Be safe. Be vigilant about your safety when you're traveling on business. Talk to the concierge about where it's safe to walk and run, carry your ID and cell phone, and try to find someone to go with you if possible. Pay attention to your surroundings and trust your instincts; if you feel unsafe, go back to the hotel.

8. Dress for success. You don't need to pack much to get in a workout on the road. The quickest thing to grab is your bathing suit. Or if you prefer a traditional workout, bring a good pair of tennis shoes and roll your T-shirts, shorts, sports bras and extra socks up tightly inside them. Camisoles and undershirts can double as workout tees if you're working out in your room.

9. Bring the basics. Bring your own personal trainer with you in the form of a workout DVD. DVDs are a cinch to pop in your laptop, so you can fit in a customized workout in your hotel room at any time of day. Jump ropes and resistance bands are also easily packable equipment that you can fit in your bag and take anywhere.

10. Be realistic. Don't try to do everything. It's just not always possible to fit in a workout, so get in activity when possible. Trade shows, for instance, will have you walking miles and that counts as activity, too. But, if you can't squeeze in your normal sweat sessions, don't beat yourself up.

