



# Take Your Workout On The Road

Fitness Trainers To Go Inc., February 21, 2006

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*Whether it is spring break, a business trip, or a family vacation to Disney World, traveling takes you away from your regular schedule and presents an obstacle to the fitness routine you have worked hard to create. While this is a time for many fair-weather fitness fans to abandon their commitment, a little preparation and creative thinking can make your trip a rewarding and physically challenging experience.*

PR9.NET February 21, 2006 - Dallas, TX, Whether it is spring break, a business trip, or a family vacation to Disney World, traveling takes you away from your regular schedule and presents an obstacle to the fitness routine you have worked hard to create. While this is a time for many fair-weather fitness fans to abandon their commitment, a little preparation and creative thinking can make your trip a rewarding and physically challenging experience.

"Find activities where you get to enjoy your new surroundings and be active at the same time," advises Lady Trainers To Go personal trainer Nicole Masden. "If you are near a beach, take an early morning jog, walk, swim, or go snorkeling. If you are in the mountains try a hike, go skiing, or take an outdoor yoga class."

Experts agree that by thinking ahead you can anticipate your fitness obstacles and get excited for the new opportunities. Masden gives her clients recommendations for exercises that they can do in the new city, or from the comfort of their hotel room.

Prior to leaving on your trip, do your homework. Search online to find local classes, gyms, and outdoor fitness facilities, like jogging paths, tennis courts, and bike trails. If you belong to a gym, ask around to see if your club has "sister" locations in other cities. Make sure that your hotel has a workout room.

Try new things. As Masden mentioned, you can workout while enjoying your new surroundings. Take advantage of the change in environment and participate in an activity that you have never tried.

Pack accordingly. Once you know where you are going and you have a good idea of the amenities available, make sure to bring your own equipment. If you plan on swimming laps pack your goggles and a swimsuit. If you want to try horseback riding bring jeans you can get dirty.

For those traveling on business without time to navigate a new city, or hunt down fitness options, there are several things you can do to keep in shape. Masden suggests packing a light-weight yoga mat (or using hotel towels), and doing crunches, sit ups, and push ups on the floor of your hotel room. Download a session with a personal trainer onto your mp3 player, or bring along your favorite fitness DVD to turn your room into your own private gym.

Make a commitment to yourself before you leave that you will eat healthy and devote time each day to exercise. Your trip can be a pleasant change of pace for you and your body.

Lady Trainers To Go is a Dallas-based business founded by CEO Robert Korngiebel in 2005. The company caters to female clients by providing them with some of the best female nutritionists and personal trainers in the Dallas-Ft. Worth metroplex. All trainers work with their clients in the convenience and privacy of the client's own home. They design programs based on individual needs and goals, and provide all equipment necessary for an effective, challenging workout. For more information visit <http://ladytrainerstogo.com> or e-mail [news@ladytrainerstogo.com](mailto:news@ladytrainerstogo.com)

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## About Fitness Trainers To Go Inc.

Fitness Trainers To Go provides in-home personal training in the Dallas/Ft. Worth metropolitan area. We've been featured on NBC5, The Dallas Morning News, The Plano Insider, Mix 102.9, and D Beauty Magazine. Don't have equipment, don't worry, we provide everything. We even have a staff nutritionist to help you with your dietary needs.

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