

# WELL-BEING

## SUITE SUCCESS

Working out while traveling is a given for many, but did you know you can turn your hotel room into an exercise studio?

BY MELISSA LIEBLING-GOLDBERG

It's 3 a.m.: Do you know where your sneakers are? Perhaps you've woken up suddenly, jetlagged, with the idea that you should (but likely won't) work out to pass the time. Or maybe a busy trip has left you with just a 20-minute window to exercise—not quite enough to squeeze in a trip to the gym. Fortunately, you still have plenty of options for working out inside your hotel room. Isometric exercises, body-weight training, yoga and even cardio are a snap if you approach your “suite” session with focus and a few key tips.

### MAKE TIME

“When you sit on a plane, whether it's for three or 13 hours, you need to do something good for yourself when you get to your destination,” says Ashley Wheater, Artistic Director of The Joffrey Ballet. “Taking the time to work

out the kinks of travel can be very beneficial, no matter what time you arrive.” And when it comes to fitting in an exercise session, “any time is better than none,” says fitness expert and celebrity trainer Brice Hall. Even a few minutes can coax stiff muscles into a more relaxed state. New York City yoga instructor Leslie Lewis says, “If you are looking to stretch out and feel better after a flight, you can do that in eight minutes.” Just 15 to 20 minutes of light exercise can raise the heart rate and burn calories.

Short workouts also help maintain your overall fitness level, so you can seamlessly resume your routine back home. Jackelyn Ho, a San Francisco–based trainer and an editor at health hub Spright.com, points to the effects of not working out while traveling as a top reason to fit in mini-workouts. “If you're not staying active, your cardiovascular power can diminish in about two weeks,” she

says. “That’s why sometimes when we come back from a trip and go on that first run, we feel like we’re going to die. Our body has adjusted to a different level of activity.”

## GET EQUIPPED

If you’re not sure where you’ll be able to exercise on the road, pack a few basic items to create a mini-gym in your hotel. Portland, Oregon–based yoga instructor Lee Carson folds a thin yoga mat into her roller bag. Ho recommends a jump rope, which is both fun and luggage-friendly, and a resistance band for strength training. Wheater advocates a soft rubber ball for rolling out knots in the back and calves during stretches. If you don’t have an inch to spare in your bag, there are plenty of items already in your hotel room that can double as exercise equipment.

As comfortable as your bed is, it’s also a great place to do sit-ups or crunches. A desk chair or armchair offers options for strength training, including tricep dips and bridges (put your feet on the bed for a different angle). The bathroom offers one of the most versatile props. “All rooms have towels, which can be used as exercise equipment or for stretches,” Hall says. Find a spot that isn’t carpeted and use the hand towels as gliders. Ho suggests using a bath towel as resistance. “Put it under your feet in plank position and do mountain climbers.” Or place the towel around a door handle and do tricep extensions.

Weights can also be found in your room—in the minibar, to be specific. Water bottles can act as light hand weights, adding resistance to cardio moves like shadow-boxing. Hall advises holding a water bottle in each hand and trying a variety of punching patterns or mimicking the motion of jumping rope by moving your hands as you jump in place. You’ll get a cardio workout while strengthening your arms and shoulders at the same time.

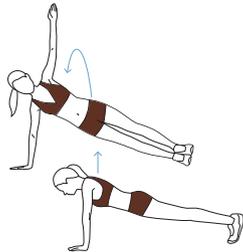
You can also use a suitcase as a heavier weight for chest presses or shoulder rows. And one type of weight training requires no extra gear at all: The resistance of your own body is available to you wherever you are. Exercises like squats, lunges, planks and burpees can be combined into a circuit to create cardio interval training. Hall suggests pressing into a wall, “like you are doing a chest press or bench press, with a lot of force. The wall isn’t going to move, but you’ll achieve the same results as if you’re moving a weight.”

## TAKE CARE

In multiple studies, exercise has been linked to shifting circadian rhythms, so it can potentially help relieve jet lag. But even if you took a short flight or a car trip, sitting for an extended period of time combined with carrying luggage has probably left your body in a less than ideal shape. As a quick fix for being hunched over

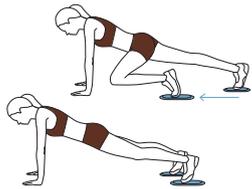
## MAGIC MOVES

Meghan Rooney, co-founder and CEO of the healthy-living app Ellevote, breaks down three no-space-needed exercises that combine cardio and toning. Try doing two sets of 15 each.



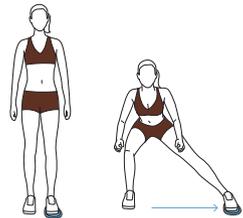
### Side plank pushups.

Start with a pushup and rotate to the side by stacking your hips and feet. Raise your arm for a full breath and lower the arm to return to a pushup. Repeat on other side.



### Mountain climbers.

This is a full-body, calorie-burning workout. Start in a pushup position with arms shoulder-width apart. Lift your right leg and raise your knee to your chest (or as close as you can depending on flexibility), return to starting position and repeat with your left leg. Alternate for 30 seconds.



### Side lunge.

Stand with your feet hip-width apart and extend one leg to the side by bending your stable leg and reaching your bottom back as if to sit on a chair. Repeat the same motion with your other leg.

or tight, Lewis suggests you stand up and bend forward with your hands clasped behind you. “That helps your posture, gets into your hamstrings and chest, and gets the blood rushing to your head.”

You can use jet lag to your advantage when it comes to finding time to exercise. If you find yourself up earlier than usual, take advantage of the extra time to fit in a morning workout, which sets a great stage for the rest of the day. If your trip has been particularly busy or stressful, deep breathing and non-strenuous stretches can bring you to a more relaxed place. “Taking even 10 minutes to breathe and just be on your yoga mat and relieve some tension—it’s a good thing,” Carson says. Wheater suggests breathing in for four counts, holding the breath for seven, and exhaling for eight seconds to quickly de-stress.

## SMART STRATEGIES

Your laptop and smartphone are packed—and they can be part of your fitness arsenal, too. Schedule a one-on-one Skype or Facetime session with your personal trainer, like Hall’s clients do when on the road. Find a YouTube video to take you through a routine, or download an app to track your steps while you walk in place. Just be sure to turn off your email notifications so they don’t pop up and disturb your workout.

Get into the headspace that a busy schedule and close quarters are no problem, and your workout will thrive. Ho says, “When we think of cardio, we often think of big, expansive spaces, but that’s just mental. When you perform cardio movements, you can get a lot of stuff done in just a nice little square, maybe the length of your body.” Pick a spot, set the timer on your phone for your desired session, and start—with the right preparation, even as little as 20 minutes is enough. As it turns out, neither a lack of time nor dedicated exercise space need stop us from achieving our basic fitness goals. Squats, anyone? □

## JW AND THE JOFFREY BALLET PRESENT...

In partnership with the world-class dance experts of The Joffrey Ballet, JW Marriott is launching a series of in-room fitness videos at participating hotels. Assisted by two of the Company’s dancers, Artistic Director Ashley Wheater takes the viewer through several of the actual exercises that The Joffrey Ballet uses for professional training, including a warm-up, stretches, a barre-style workout, core exercises and a cool-down. The video will be available on the JW Marriott YouTube channel as well as via in-room television for guests in select JW Marriott hotels.

