



## Lab A7-5 *Maintaining Your Fitness Program Away from Home*

It is particularly challenging to stick to your behavior change program when you are away from home and your usual routine. These three key strategies can help:

- *Plan ahead, and stick with your plans.* Run through the schedule of events you'll be involved in while you are away from home, and plan where your new or changed behavior will fit. Resolve to stick with your plan.
- *Maintain your motivation and commitment.* Carry a list of your goals, a copy of your contract, or some other reminder to help keep your program in your mind.
- *Be flexible and creative.* You will probably need to make some adjustments in your program to accommodate the new setting.

Take the example of maintaining your fitness program while on a trip for business or pleasure. There are numerous tactics for keeping up with your program:

- Find out ahead of time about the exercise possibilities where you will be staying. Does your motel or hotel have fitness facilities? Is your friend's house near a park, a trail, or a gym?
- Pack your exercise shoes and clothing.
- Schedule free time during the time of day you typically exercise, or plan to exercise during the free time you'll have.
- Do push-ups, sit-ups, and other calisthenic exercises in place of weight training to maintain your muscular strength and endurance. You can also create makeshift free weights from items in your luggage or in a typical motel room. Flexibility exercises can be done anywhere with no equipment.
- Walk. If you don't have access to the exercise equipment or facilities you usually use, you can walk. If the area in which you are staying isn't particularly safe or if you only have free time in the evening, walk indoors. Walking down hotel corridors and up stairs can provide an excellent cardiorespiratory workout.

Remember that it's OK to take a few days off—as long as you maintain your commitment to continue with your program when you return to your usual schedule.

Take a few minutes to devise some strategies to help you maintain your behavior change program while you are away from home.

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