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I work one-on-one with extremely busy executives to create routines that include sustainable exercise habits.

Question:

How can I start a routine that I can mirror between the office (or home office) and the road?

A point to ponder:

Any successful exercise program is going to be easy to pick up, wherever you are. There may be natural “busy weeks” through the month or quarter. During these times, when you’re traveling or even working late from the office, it will help to have an exercise regimine you can do anywhere.

Walking and running are two forms of exercise you can do virtually anywhere. I’ve been known to do “laps” while I was waiting for the luggage to come off the plane at airports. This may not get the heart rate up as much as a training run, but it does keep my lower back, hips and calves loose for the “next” workout.

If your exercise regimine is too rigid; if you need a road bike, golf clubs or entire set of weights to work out, it will be easier to “miss” a couple of workouts each week.

Instead, choose exercises you can do anywhere for those busy times. Some great examples are: walking, treadmill running, floor exercises, pilates and/or yoga. And, you may even consider calling ahead to the hotel you’ll be staying at to see if they are connected to any gyms, or to find out what equipment they have for your use.