

MOVEMENT

Practical Fitness for Travelers

(2019 reissue)

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DISCLAIMER

I am not a medical professional. Before taking my advice, check with your doctor and see if you're healthy enough to perform specific health routines. Use good judgment. Please don't hurt yourself.

THE ADVICE IN THIS BOOK

A lot of the material in this book might seem obvious, especially for those with established workout systems, routines, and strategies. But for those of who aren't fitness experts or seasoned travelers, the advice in this book might not be obvious at all. Some of you may pick up a few things that can help you optimize your current systems. And for those with less rigid routines, I will define a helpful framework that can help you get to where you want to be physically. A lot of the strategies and tactics we cover aren't revolutionary, but I have compiled the most actionable information available that can help practically anyone stay in shape while traveling.

I once thought that it was impossible to stay in shape while on the road. A lot of it was part laziness, part fear, and fear of the unknown. As I traveled, I would say to myself, "I'm in this new place. What are people going to think about me running down their streets? Will it be acceptable to workout in the park? Can I sometimes order pho without noodles?"

Consider Movement as laying the groundwork for people to feel good, stay healthy and keep fit while doing a weekend trip to New York City, a few weeks in Bangkok or even several months in Colombia. There is no magic solution in this book, only useful strategies that will certainly take discipline and creativity. There'll be a lot of actionable strategies, but

please don't get bogged down in non-effective things that personally won't work for you. Focus on the fundamentals, goals and results, then experiment.

INTRODUCTION

During a several month stint in Bali, Indonesia, everyone I was hanging around was in good shape. I felt as though they had a secret I was missing out on. I didn't know why I couldn't keep the fat off and the muscle on. Was it my diet? Was it my lack of formalized exercise routines? Even though I had experimented in the past, I couldn't quite land on a methodology that would allow me to live healthily and travel happily.

When I was not on the road, my home is the United States. I managed to stay in shape, but then got easily overwhelmed as soon as I hopped on a plane. Where the hell was I going to workout? What was the food like in this new country I was about to visit? Was I going to get fat? Time and time again, I'd have a half-assed diet and fitness plan that I'd never successfully execute on.

As I encountered other travelers, I found that staying in shape was a pain for many, and few seemed to have the slightest idea about how to sustainably solve this problem. There is no "one size fits all" approach to staying in shape while traveling. Everything entirely depends on your goals, which will ultimately determine your own health blueprint.

During the research process for this book, I looked through books, blogs, podcasts, and news articles to see what was out there to help travelers stay in shape with their changing environments, and to my surprise, there was very little information. There was a hodge-podge of information that was scattered across the Internet in the form of random Tweets, obscure blog posts, and brief snippets in books.

When I travel, I tend to forget the health and fitness strategies I learned

unless they're written down somewhere—I wrote this book so people could access them and be reminded of what they could do. In *Movement*, I've featured a collection of experienced travelers. They have varied backgrounds and spend at least some part of each year on the road—from several weeks to most of the year.

The solutions in the book are also quite varied. There's something in here for everyone. Regardless of your level of expertise or history with diet and fitness, you'll find things that you can put into practice.

The main benefit is that you'll come out with a more formalized health and fitness game plan that you can put into action while on the road. The information you'll learn will allow you to feel more comfortable about traveling in the midst of tempting foods, drinks, parties and unexpected circumstances.

Though I have been obsessed with health and fitness nearly my entire life, I am not a fitness and nutrition expert, and my word is not the end-all be-all. I don't have as much travel experience as plenty of people, nor am I a personal trainer, but a considerable amount of information in this book comes from experience—from trial and error. Throughout the years, I created my routines on the fly and experimented at every opportunity so I could see what worked and what didn't. Additionally, many of the suggested strategies come from the featured travelers.

The benefits of making health and fitness a priority when traveling are under appreciated. Staying on top of your health will help reduce anxiety, make you look and feel wonderfully, and ultimately enable you to more fully enjoy life.

WHY THIS BOOK? WHY NOW?

I'm an enthusiastic believer in remote work and its future. I have been working from my computer since early 2014 and haven't looked back. There are several factors as to why remote jobs are on the rise including increased worker productivity, improved efficiency, lower levels of stress, reduced overhead and enhanced morale. As more people are going remote or traveling for their jobs, many are finding that it is increasingly difficult to stay physically fit when confronted with the prospect of travel.

Because travel is also becoming less expensive, people are taking their work with them. Studies show that Millennials now prioritize travel more than any other preceding generation. Our ability to move more freely throughout the world means people can take their entire lives on the road so establishing practical health and fitness strategies for travel are becoming increasingly relevant.

MY MISSION

At the end of the day I want more people to be healthier. For whatever reason, being and feeling healthy seems to be underrated. I'm happy when others are happy, and I want to people to realize their potential, and your health is the ultimate starting point in that discovery. People should feel good no matter how mobile they are in this world. This book will help you understand that there are specific strategies for success no matter where you're located or the frequency of your travels. You don't always need fancy equipment or a gym to stay fit too. In fact, you can perform most of the workouts, as outlined in this book, from the comfort of your home, hostel, Airbnb, hotel, and outdoors.

I am concerned for our society and our inability to recognize what is healthy and what is not. In the United States, there are health epidemics, and many people aren't exercising or eating a balanced, nutritious diet. We are suffering the consequences due to a lack of proper education and from poor decision-making.

Members of my own family have been overweight and have had diseases such as diabetes. From a young age, I saw what could happen when people neglected their health and it stuck with me ever since. A lot of this pain and suffering is avoidable if more people understood just how good they could possibly feel. Whenever you're on the road and feeling overwhelmed or stuck, I'd like you to refer back to this book. It has been designed for easy referencing when you need inspiration, ideas or guidance.

QUICK BACKGROUND ON ME

In 2014, I took my first trip to Asia. I was a few weeks in and noticed that my stomach was poking out quite a bit more than usual. My weight was increasing at a faster rate than a bullet train in Japan. My anxiety was mounting and I didn't know how to reverse things. There were no gyms around. I was in a foreign country, living in a small room without any guidance about what to eat, where to workout and how to feel better. With my genetics, it wasn't sustainable for me to only consume bowls of rice and noodles. At a certain point, you need to say enough is enough then make a change. But I was panicking because I was making poor decisions, heading down a negative spiral. That trip forced me to experiment and distill my successes into positive habits.

I grew up in the lush state of Oregon surrounded by mountains, rivers, lakes, and beaches. It was a wonderful place to grow as there is always something you can do outdoors. Oregonians are always hiking, biking, snowboarding—you name it. Since I was a boy I've been physically active and my first real love was skateboarding. I would spend countless hours working on the same trick. I slowly started understanding that my body was a system, and that in order for it to work at its best, it needed to be healthy. I started lifting weights and became infatuated with feeling good which is ultimately a great source for confidence.

My experience with the outdoors and being surrounded by physical people contributed to my overall outlook on life. I've always felt better when I was moving my body. In high school, I was always quite active—snowboarding, skateboarding, running and zipping around in the summer with friends.

My first real experience with figuring out how to stay in shape while traveling long term was a summer trip to Europe. I was 20, living in Italy for the summer and teaching English to Italian children. I was trying to stay healthy while eating all of the pasta and drinking all of the wine.

It was an incredible experience, but there was a problem—I was having a difficult time burning off all of that food and wine. Even though I was walking and riding a bike to school, I wanted to take my workouts up a notch, so I purchased a jump rope.

I would somehow manage to wake up on those humid summer mornings, do some sprints, and use my new jump rope. My new morning routine was only an extra 20 minutes a day, but had a profound effect on my wellbeing and energy. I was more level-headed, stronger and thinner.

The next part of my European adventure brought me to Greece. I was experimenting with HIIT (High Intensity Interval Training) workouts in the hotel room, and I was performing them on an empty stomach each morning. These workouts were helpful there weren't many places to go, so I was forced to be creative.

I've been working remotely since 2014, and have traveled the world working as a freelancer and startup builder. I've lived in Asia and Europe and have hundreds, maybe thousands, of hours experimenting with different workouts and eating habits. My habits and routines have adapted with each new travel experience. Ideally, I work to keep my body-fat low. I exercise nearly every day, getting 10,000 to 15,000 steps in per day. I am no Navy Seal, but I'd consider myself to be in relatively good shape, with my body fat being between 10-15 percent (depending on the time of year, my travel schedule and goals).

MY TYPICAL TRAVEL FITNESS ROUTINE

When traveling, I typically work out five or six days a week while fasting for 18 hours with a six hour eating window. I strive to constantly reduce my body fat, and maintain strict eating habits most of the time.

I try to mix up my weekly workouts, but they typically consist of running, sprinting, weightlifting, full-body free-weight workouts and yoga. Once or twice a week, I'll wake up early to do sprints. If I have access to a gym, I do compound lifts like deadlifts, squats and bench presses two or three times a week.

Additionally, I'll do 30-minute yoga sessions three or four times a week to primarily strengthen my back muscles. Once or twice a week, I focus my efforts on “functional fitness” workouts like kettlebell swings, bear crawls and pull-ups.

CHANGING YOUR OUTLOOK

It can be daunting to prioritize your health and fitness routines while you're out on the road. It's crippling—more often than not, many of us will put it off until we get back home, rationalizing to ourselves that it is okay because we're “traveling.” This is not a good excuse to not stay healthy. At first, I thought that I had to dedicate hours of my time and would miss out on all the fun cultural activities that come with travel, but that's not true. Optimizing your health and fitness while traveling does not take hours of your time. The people I feature in this book are proof of that. I am proof of that. Thousands of people traveling around the world are proof too.

Once I changed my outlook as to what could and couldn't be achieved while on the road, everything changed. I realized that I could workout in small spaces. I realized that time zones didn't matter. I could workout on the streets of Italy, or in the parks in Vietnam, or in the mountains of Peru. My self-limiting beliefs were holding me back.

GENERAL HEALTH AND NUTRITION

If you're looking for a book that features hardcore health and fitness science with a multitude of peer-reviewed studies, then I recommend you look elsewhere. But my experiences have helped me help others who were

looking to stay healthy in terms of both fitness and diet. Furthermore, this is certainly not a book on nutrition. Rather, I will discuss and incorporate aspects of nutrition such as:

- Ways to leverage the local cuisine from specific regions to your advantage
- How to integrate food into your overall routines
- Avoiding starchy carbs and opting for leafy green carbs
- Eating healthier fats to keep you satiated
- Intermittent fasting to avoid airport food and to help manage calorie intake

CHAPTER ONE: DEVELOPING A FRAMEWORK

WHAT EXACTLY DOES “BEING FIT” MEAN?

Surprisingly, one of the most difficult parts in writing this book was finding the best definition for “health and fitness” and what “being fit” actually means. A person’s starting point will dictate how they might view fitness. But what does it actually mean to be fit? How can we define health? How healthy can a person be when they’re out on the road? Being “fit” is one of those terms that we use but no one actually knows what it means. There are, of course, standards for being physically fit.

According to the United States Department of Health and Human Services, physical fitness is defined as "a set of attributes that people have or achieve that relates to the ability to perform physical activity." Their definition is somewhat ambiguous. The purpose of this section is to get you to think about your own standards for what health and fitness mean for you. Here are some factors that will help you:

- Cardiorespiratory fitness
- Muscular strength
- Muscular endurance
- Body composition
- Flexibility

Here is how I define fitness for myself: Having my body fat be between 10-15 percent; having the ability to run a few miles without stopping; being

able to perform at least 10 pull-ups from the dead hang position; being able to perform various physical activities including surfing, soccer, hiking; easily carrying my bag at the airport while walking between terminals. Being physically fit is being able to effectively use your body across a variety of different environments.

DEVELOPING A TRAVEL FITNESS FRAMEWORK

I've created an eight-step approach to developing a sustainable health and fitness travel routine that you'll be able to stick with. Go through the following steps on your time to develop a framework that works best for you.

Step 1: Determine your fitness goals

Step 2: Determine the length of stay in each destination

Step 3: Research the cuisine, and estimate food and alcohol consumption

Step 4: Analyze work schedule, time zone differences

Step 5: Research surroundings, weather and items for working out

Step 6: Develop a specific fitness plan based on conditions

Step 7: Schedule your calendar with reminders

Step 8: Build in a reward system

STEP ONE: DETERMINE YOUR GOALS

In order to develop an actionable travel fitness plan, you should to define your health and fitness goals. As previously mentioned, these might not be clear at first, so thinking deeply about where you want to be physically—

what you want to look like and how you want to feel will play vital roles in establishing a versatile regimen. Do you want to lose weight? Look good in a bathing suit? Gain 10kg of muscle? Ski for eight hours? Defining your goals is the most important part of creating a successful strategy.

A person's fitness goals will directly impact their overall strategy and routines when traveling. Ask yourself questions like these:

- How strictly am I willing to follow my macros and fitness regimen while traveling in order to hit my goal?
- Why did I choose this goal?
- What could impact my goals when traveling?
- How will I accomplish my goals?
- When will I move on to the next fitness goal?
- What countries will I be traveling to?
- Is there anyone, anything, or any event that could hamper my fitness regimen?

Asking questions like these will force you to think about what your true goals are, and some goals should be subject to change. If you're trying to lose 20 pounds, don't change it to 15 on a whim, then wait a month and, having lost nothing, change it to 10. While losing 20 pounds might be your long-term goal, your short-term goals are subject to change. Weave your goals into your travel plans, and realistically account for what you should expect on your journeys. Within the context of your travel plans, be realistic.

Without clearly identified goals you're more likely to get off track, lose momentum and make too many compromises while on the road. If you can't narrow in on your goals, talk with fellow travelers to see what their goals and routines are. In order to distill your macro-goals, start with some general goals and go from there. Here are examples of general goals:

- I want to lose weight
- I want to gain muscle
- I want a six pack
- I want to be able to run again
- I want to hike
- I want to get rid of knee pain
- I want to be more flexible

Avoid having a rigid mindset when you're trying to stay in shape while on the road. Without a willingness to work with your environment, try new things, and adapt to each situation, then you're setting yourself up for failure. Because traveling inherently has a lot of variables, you'll need to have an iterative mindset where these variables stop becoming impediments, but rather challenges to be overcome. And you shouldn't rely on others to set your travel fitness goals for you. Have an overall trajectory for where you want to be headed.

Pro tip:

Create micro goals that allow for variability.

You don't want to set yourself up for failure.

To set yourself up for success, I recommend breaking these goals into manageable one to three month micro-goals. It's easier to have a three-month goal while on the road, rather than thinking about your audacious 12-month goal. Because your landscapes and experiences are subject to change in a relatively short amount of time while traveling, breaking down your macro goal into flexible, bite-sized pieces is crucial for maintaining focus. By breaking down the big macro goal, you can better estimate what each month, week, and day should look like. These are examples of micro-goals:

- While in Italy, I want to avoid pasta for 50 percent of my meals
- I'd like to lose 10 pounds in 30 days while traveling through Tanzania
- I want to gain 5 lbs. of solid muscle in the next two months throughout the Balkans
- I want to have the strength to go on an excursion, hiking 10-15 miles a day for a week
- I want to reduce or eliminate my knee pain—especially when bouncing around many airports

In order to achieve your fitness goals—maintain a healthy weight and keep the muscle on, then be realistic as possible as you're traveling through several countries or as you'll need to adapt accordingly. Additionally, here are some goal examples for the average person and traveler:

- If you're a size 8 woman, being able to fit into a size 6
- Being able to do a difficult 15km hike
- Running one seven-minute mile.
- Fitting into your old jeans
- Easily riding a moped in Myanmar
- Spending a weekend surfing with old friends
- Doing what you enjoy without being impeded by physical obstacles
- Simply feeling and looking better than you did 3 months ago

Other basic factors for setting your travel fitness goals include:

- Location
- Current level of physical fitness
- Targeted body weight, body fat percentage and muscle definition

- Person and work schedules
- Cuisine (will you be cooking at home?)
- Alcohol consumption
- Pace of life
- Layout of the areas
- Length of stay
- Work habits

STEP TWO: ROADMAP YOUR TRAVEL PLANS

Understanding your length of stay in each destination will also dictate your overall fitness regimens and routines. Ask yourself questions similar to these:

- How long will I be in each city and/or country?
- Am I going to be on the road, not spending more than a week in a place?
- Am I traveling for only a week to a business conference?
- Will I be living here for a few months?

For example, the odds are that you'll be less likely to get a gym membership if you're constantly moving. But if you're settling for one or more months, perhaps a gym membership could be useful. Or, I doubt that you'll want to eat healthy and clean while on a two week Europe trip with friends. And unless you're an athlete or bodybuilder, your goals aren't likely going to suffer too much if you're doing a quick trip. But if you're a working professional that travels a lot for work, staying in shape will require much more effort as you'll balance being at home with living out of hotels.

When I was crammed in a tiny room in Bangkok with seven other people in my Airbnb, I had to figure out how to get exercise otherwise I was going to go crazy. Fortunately the place had a small patio. Besides walking around the city, I decided I was going to do hundreds of pushups, bodyweight squats, jumping jacks and crunches on that damn patio, and I did. I didn't have any equipment with me so these workouts did the trick and were a perfect solution for my short weeklong stint.

STAYING FOR SEVERAL WEEKS

Suppose you're a digital nomad, founder or entrepreneur on the road—you're likely going to be spending several weeks in only one destination. This is enough time to where having a more formalized routine makes sense. If you're only staying for a couple weeks, I don't know that I would advocate buying a gym membership unless the day passes are inexpensive or you absolutely need one.

As I was traveling in Vietnam for a month, I had some equipment with me, as well as furniture and other items that I could also use to my advantage: chair for dips, 100 lbs (45 kg) resistance band for resistance training, and a wide space for full-body workouts. I'd walk around the city, but I wanted to maintain my muscle mass as best I could so working out 4-5 days a week was crucial for me feeling good.

STAYING FOR MORE THAN A MONTH

Staying for four plus weeks is plenty of time to develop a scheduled fitness

plan that you can stick to. As previously mentioned, take the food into consideration, and plan for the month as if you were living there for longer.

When I lived in Bali, Indonesia for several months, I kept a fairly rigid routine—the same food for lunch and dinner, I walked many miles per day and performed strenuous workouts in my room and on the beach. I would splurge on Fridays with beers. It was more than a mere vacation and I wanted to be healthy and feel strong for most of the experience without succumbing to too many peer pressures. The major takeaway is this—the longer the trip, the more concrete your routines should be.

STEP THREE: RESEARCH CUISINE

Do some initial research on the cuisine for each country or city you will be staying in. Are you going to a carb-heavy country? Is it Mediterranean food? Heavy, deep-fried American food? Know how your body responds to pasta and plan accordingly. Maybe you'll eat less pasta and opt for other dishes. For example, if I know I'm going to a place where the food is carbohydrate heavy or lacks vegetables, I formulate strategies to mitigate me eating like a pig. On a recent trip to Cuba, I performed extensive intermittent fasting to keep my calories low as I was eating greasy foods, drinking many beers and mojitos. I knew I needed to work out extra hard, walk more, and implement a series of even longer intermittent fasting routines for calorie control.

Bridging cultural divides often is welcomed with vast quantities of alcohol. When traveling, drinking with newfound friends, travelers and locals can be one of the best and most memorable (or lack of memorable) experiences. If you want to feel good and stay in shape, revisiting your relationship with alcohol is necessary.

I am not going to tell you to stop drinking in order to have positive health and fitness strategies. I do advocate for a more mindful approach to your alcohol consumption. By all means work your alcohol experiences into your overall plans and goals so that you can appropriately manage and account for it. Use your best judgment. There's no need to make your goals extremely difficult and rigid while adventuring off in a new place for the first time. Life live. YOLO. Carpe Diem. Try new foods. Experience new things.

STEP FOUR: DEFINE YOUR DAILY SCHEDULE

If you're going to be working from road, you'll need to find the most effective time for incorporating exercise. Before going, research the time zones you'll be traversing and plan accordingly. Suppose you're working for an American company and are living in Asia for several months. You're overlapping some of your hours, but have to shift your schedule to later in the day in order to work with the team. Stay cognizant of both your personal and work schedules so that when you're planning, you can more easily implement your health and fitness strategies to help ensure success.

STEP FIVE: ANALYZE YOUR SURROUNDINGS

A traveler's surroundings affect how, when, and where they are able to work out. By making a conscious effort to better understand the terrain and environment around you, you can set yourself up for success. Identify things such as how busy the city is at certain parts of the day, if there are

parks with features for fitness activities, as well as local gyms and restaurants that may serve healthier food options.

For example, the terrain in Tokyo will dictate your workouts differently than if you were in rural Japan. If you anticipate spending a lot of time outside, geography may either limit you or give you the freedom to vary your routines. It may be possible to run on some streets in certain cities, and impossible on others streets. Or perhaps you happen to be in Scandinavia for the fall and winter. Be realistic about how much time you're going to be spending outside given the cold temperatures. Go ahead and experiment. If it is simply too cold, you might opt for getting a gym membership instead of working out outside.

LANDMARKS TO LOOK OUT FOR

When you arrive at a new destination, the unfamiliarity with an area can be daunting when thinking about where and how you're going to workout. As you are walking, running or commuting around each place, keep your eyes peeled for areas where you can workout. Once you see these places as areas you can leverage for staying in shape, you'll start to notice them more frequently. It's kind of funny, because I look at a playground while on the road now and think to myself, "I can do pull-ups there!" Keep an eye out for landmarks such as these:

- Fields
- Stairs
- Bench
- Bleachers
- Tracks

- Courts
- Playgrounds
- Parks
- Hills

It's useful to keep a record of the places you found useful for getting fit in case you ever happen to go back. You can also use Google maps to create your own map for yourself. Some people have even put maps together and share them with communities online making it easier to get to know a city.

I had to develop a series of strategies while traveling throughout Europe. Once I had a good idea of the surrounding areas, I had a starting point for my workout plan. For me, parks have been vital to success, and I mix up my workouts by working out in my room, too.

Pro Tip:

I use Evernote to take notes while traveling. If I see an area that I know that would be good to work out, I jot it down and revisit accordingly. Keep an open, creative mind because one person's walkway is another person's fitness center. You don't have to spend a lot of time, but on your first day in the new city or area, get outside and explore the different landmarks for more reasons than just tourism.

STEP SIX: DEVELOP YOUR SPECIFIC REGIMEN

Start to develop your travel fitness regimen with what you've gathered from the intelligence thus far. As we've covered, first outline your goals then note your length of stay in each destination. Research the types of

foods you might expect to encounter, and if you're going to be working across time zones, as well as your schedule. Physically write out your health and fitness regimen and keep it somewhere where you can easily revise and be reminded. By getting your plans, strategies, thoughts and desires on paper, they'll help you stick to the plan. Writing things out will keep them fresh and top of mind.

STEP SEVEN: REMINDERS & ACCOUNTABILITY

Setting up reminders will help keep you accountable. Let's say you're doing HIIT (high intensity interval training) workouts on Monday and Thursday while staying at a hostel in South Africa for a couple weeks. Set up recurring notifications on those specific days with coordinating colors to remind you to do that specific workout. Arrange several other calendar notifications for the rest of the week.

Furthermore, as many of you travel on a regular basis, you probably know that no one is going to keep you accountable for anything, let alone staying in shape. The only person who can do that is you. The hardest part of working out, it seems, is simply starting. When in a new place, getting into a routine is difficult. But once you get a rhythm going, it makes staying healthy and fit much easier. There are mobile apps like Strava where you can track, share and collaborate on your workouts with friends.

Leveraging communities and technologies helps keep you accountable, too. Finding a friend to help keep you accountable is the best. Find another nomad in the area who also wants to stay in shape. Partner with them, set up a schedule, and hold each other accountable. Challenging your workout to lose weight while traveling abroad can be a fun competitive challenge

too.

Here are some takeaways for successfully maintaining your workout regimen with a dynamic environment:

- Keep a journal
- Find an accountability partner or community
- Schedule workouts on the calendar
- Do competitions with your fitness friend

Additionally, set time aside for exercise each day, and stick to that specific chunk of time. I know that I can have a chunk of 30-60 minutes in the morning, 60-90 minutes during lunch, and a two chunk in between 5-7pm to workout before I start working on other projects or go out with friends.

Create a weekly schedule for yourself with designated time slots. I typically have business calls with people in Europe and Asia and Australia, so I look at my calendar for the week and schedule what workout I'll be doing for each day. Plan for variability in your schedule and routines.

STEP EIGHT: BUILD IN REWARDS FOR LONG TERM SUCCESS

Build in a series of rewards that allow you to advance with your goals while balancing the nature of your travel plans. For instance, if you're trying to lose weight, doing a small cheat meal or cheat day could be useful and something for you look forward to.

When you have the right plan in place that works for you that allows you to hit your health and fitness goals, a night of binge drinking with newfound friends isn't the end of the world. Neither is slipping up and eating slices from that cake, or having a string of days of not working out. Have some flexibility in your plan and mindset. Traveling and maintaining rigorous workout efforts is tough, so do whatever you think is best for you—then stick to it, but then adapting when needed. As long as you're mindfully making health and fitness a priority, and striving toward your personal goals, then you are in a good place.

WHAT ABOUT THE GYM?

I've spent most of my adult life thinking that one needed to go to a gym to be healthy. I enjoy lifting heavy weights and the benefits are phenomenal. Although the more I started traveling, I found that while it's possible to get a gym membership in a new location, the results I was seeing from my own creative experiments at home or the park were relatively similar. But if you are a novice with fitness and working out, going to a gym is helpful for getting your feet wet. You may find it comforting to go to a facility that helps motivate you. Many gyms also offer unique fitness classes that help keep people accountable and find community.

If pumping iron is your thing, by all means, get a gym membership no matter how brief your stay—sometimes offer daily and weekly passes. There are international gym memberships where you can access any of the facilities across the globe. Snap Fitness has over 2,000 locations in 18 countries and they are expanding. Their gyms can be accessed with a key any time of day—they're open 24 hours for convenience. You can see their

country list on their [website](#). Additionally, Gold's Gym offers international locations. As does World's Gym.

CHAPTER ONE TAKEAWAYS

- Determine your goals
- Determine length of stay
- Research
- Define your daily schedule
- Analyze surroundings
- Develop your health and fitness regimen
- Schedule reminders
- Build in rewards

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CHAPTER TWO: AIRPORTS & ENVIRONMENTS

With each destination comes a new set of challenges for getting in shape. Your environment will play a huge role in the way you create your routines and strategies. A diet and fitness routine in Southeast Asia will likely be very different than one in the Alps. And a routine in New York City will be quite different than one in Mozambique. For example, while staying in a big city in Asia, the roads are smaller than roads in North America. Trying to get a run or workout in at the park will be more difficult—they just don't have as many or as much space. Or maybe because you're doing some aid work in rural Mozambique, a rural community you'll have to create a routine accordingly.

CITIES

Creating a workout strategy for bigger cities has its challenges. They do have a higher concentration of gyms, but if you've opted to not get a membership, then using the urban environment is what you will need to do. To better illustrate how to be most successful given different city sizes, I've categorized them in the following way:

- Normal-sized cities: Roughly 500,000 - 1,000,000 people (Portland, Oslo, Stockholm, Da Nang)
- Big cities: Anywhere from 1,000,000 - 5,000,000 million people (Nairobi, Buenos Aires, Toronto)
- Massive cities: A population closer to 10 million or more (Tokyo, NYC, Lima, London, Cairo, Mumbai, Istanbul, Shanghai)

It's tough to run in a massive city, but for cities that are more spaced out and less densely populated, it's quite manageable. My home base is Portland, Oregon, a normal-sized city. Even with the influx of people, it is still possible to easily get a run in without risk of getting run over. When you're in a new city, check to see if there are running paths, and keep a lookout for other runners on the road. For those of you in a smaller normal size city, it'll be a lot easier for you to scope out running paths.

Smaller and normal-sized cities obviously won't have as many amenities as big cities, but they are considerably less chaotic. Simply factor in the time and distance of getting to a park or workout area within a really big city. If it will take more than two hours to get somewhere and complete that workout, you might want to rethink your approach and buy a gym membership, or walk around the block and do all of your fitness routines from your room.

As a city's size increases, it becomes more difficult to find a secluded area for fitness (unless the city is showered with parks galore). A way to squeeze the most out of this kind of situation is to leverage working out in your room as much as possible. I like doing high intensity bodyweight, military-style workouts in my room, then get my longer cardio in by walking. Fortunately, massive cities provide many gyms, training facilities and recreation centers for you to use. Take full advantage of the parks in the massive cities.

Bear in mind that massive city traffic and congestion might make it difficult to work out in these public places. Gyms also have peak hours and you're more likely to wait in line for a machine after people get off from work. If you're working out late, watch out for nightlife crowds. If you've opted to do a nice evening run, it's going to be extremely difficult to run at

the peak hours of 7:00 p.m. - 11:00 p.m. in a big city. If it were me, I would run in the early mornings.

Pro tip:

For coping with jet lag, do an aggressive run or workout upon landing. For me, it helps reset my biological clock. I'm more able to stay awake. It isn't proven science but I highly recommend you give it a try.

RURAL ENVIRONMENTS

I love the countryside and traveling to more rural environments. In terms of fitness, I have an array of possibilities for working out and keeping fit. When I visit my parents outside of Portland, Oregon (they live on some property in the country), I take advantage of chopping wood, sprinting in their lawn, and running down in the forest. My all-time favorite workout is sprinting, which can easily be done if you have a patch of grass, field, or a dirt road.

Pro tip:

Sprinting is the miracle workout that keeps the fat off. If you are hiking throughout the countryside of Portugal and the farmers have given you too many loaves of bread or too many bottles of wine, try sneaking in some sprints from time to time.

Given the luxury of a less-densely populated area, one can easily run because there's less traffic. You have the opportunity to view landscapes and the countryside/ Besides running, there are things that you'll want to

do for toning and building muscle. While HIITs are great for burning fat, if you're on a farm you might have access to tires, hay bales, bricks, etc. Use them!

More rural areas don't have as many places to go and "officially" work out, but if you haven't noticed by now, the goal of Movement is to empower you to leverage creative strategies without always having to rely on going to a gym (think Rocky Balboa in Rocky IV in the cold hills of the Soviet Union).

TERRAIN

As you travel, you'll find your travel fitness routine might apply in one region and not another. Your fitness routines can be improved or updated. Different types of terrain will dictate our fitness plans and blueprints. Depending on where you are—near a beach, a mountain, in a big city or a desert—your routine will likely be different.

Being near bodies of water can provide a lot of opportunities for staying in shape. Go swimming if you can—don't be afraid of turning your day-hike in Hawaii into a swim session in the lake near the waterfall. Lakes can be an amazing resource for workouts.

Rivers can be equally as fun, like floating down rapids in the summers. Why not get some swimming in as you're traveling throughout Laos or Cambodia? The important thing is to keep in mind that your routine can change. Plan your daily activities and keep your body moving.

If you're near a sandy beach, you've hit the jackpot. Besides swimming and surfing, walking on the beach is a great workout. For those who are getting

into health and fitness, walking is a wonderful way to start getting into shape. Start by walking a few kilometers on the beach, then work your way up to a run. You can then eventually start incorporating some sprints into the beach workouts. Many different cultures have their own games and activities that they play on their beaches such as volleyball, frisbee, matkot, football, soccer, spike ball, ladder golf and many others.

Mountain life offers many fitness options too. Depending on where in the mountains you are, it may be more difficult to do activities like lifting, but it'll allow for more hiking. If you're in Patagonia, Northern China or Norway, the colder temperatures and altitudes will keep you in shape.

I also like the mountains because you're at a higher elevation than usual. So when you're in this terrain, any time spent working out will help add to your overall endurance if you aren't used to being at that altitude. When you move to your next destination that's significantly lower in altitude, those workouts you spent on your trip in the mountains will have helped by giving you a stronger cardiovascular system.

AIRPORTS

Airports offer opportunities for us to overcome making poor health decisions. Try not to eat food at the airport or on the airplane. Oftentimes it's expensive and mostly terrible for you. The food is limited and loaded with bad carbs, sugar, and is highly processed. Anthony Bourdain has been known to not eat while traveling. He will show up to his destination hungry and treat himself to the local cuisine.

In the last five years, fasting has garnered a lot of attention, and for good reason. Hundreds of peer-reviewed studies have shown the benefits of fasting and how it helps to get rid of pre-cancerous cells, restricts calories, and induces a state of ketosis. Traveling offers perfect opportunities for fasting. Instead of eating the crummy airport food, forego those meals and save your appetite. When I don't eat the food at airports or on the airplane, I feel cleaner—I feel better.

You can also pack healthy snacks that are high in fat to keep you full—nuts, peanut butter and a banana, avocados, coconut oil, etc. Allowing yourself to eat these types of snacks to mitigate potential cravings en route. If you must buy airport or airline food, look for a grocery store that has vegetables, fruits and high fat and high protein items. My guilty pleasure is drinking beer before international flights—I end up having one too many, but I'm being more mindful about it.

STANDING FOR BETTER HEALTH

Sitting is the new cancer, haven't you heard? Most people aren't getting enough steps in—they aren't moving enough. Fortunately, as travelers and people are on the move, places like airports give us the opportunity to choose to stand instead of sitting. Also, sitting at an airport makes little sense. Why do we sit when we are about to sit for hours on a flight? You're going to be spending the next ungodly amount of time sitting, and you'll wish you could stand. Plus, if you don't have an aisle seat, it's difficult to get up when you want to stretch your legs. Standing up at the airport helps you get a little bit of exercise in while you're waiting for the flight.

AIRPORT ACTIVITIES

While I was doing research for this book, the famous blogger and traveler, Al Humphreys, posted an Instagram picture of a yoga studio within the Frankfurt airport. It's a brilliant idea, and a great use of dead time. He went on to say, "how useful and popular a full gym with weights and showers could be." I completely agree. In fact, I think we'll see these trends at airports as world travel continues to increase, and as people become more cognizant of their health and fitness routines.

Some airports even have yoga studios and gyms. Here's an incomplete (but notable) list of airport gyms:

- Chicago International Airport
- Munch Airport
- Dallas/Forth International Airport
- Dubai International Airport
- San Francisco International Airport
- Changi Airport Singapore
- Toronto Pearson International Airport
- Burlington International Airport
- Zurich Airport
- Vancouver International Airport

I believe we'll soon see the rise of full-service workout centers that include a gym, spa, yoga space, cardio room, sauna and pool in airports. Sometimes during layovers, there's a lot of time to kill, but not enough time to leave the airport and go into the city. So if you find yourself at any of those international hubs on an extended layover, take advantage of the gym.

What's more, the Changi Airport in Singapore even has gardens and museums to walk through. When en route, keep your body moving. Every ounce of you will feel better, and the experience will be more enjoyable. More often than not you will have to pay to use these facilities, but it will be worth it. If you find an airport that is offering a free gym and/or yoga services, take advantage of them.

CHAPTER TWO TAKEAWAYS

- Opt for standing whenever possible
- Understand your environments, terrain and surroundings, then plan accordingly
- Avoid airport and airplane food
- Take advantage of gym and yoga facilities at airports

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CHAPTER THREE: WHAT TO BRING

Unless you're going to a gym, bringing workout gear can be an awesome way to replicate a gym-like experience in the comfort of your hostel, hotel, Airbnb or apartment. A few key items will exponentially improve your experience, which will help keep you in a fitness rhythm.

When I'm on the road, bringing gear helps complement my bodyweight workouts. I remember as I was traveling throughout Italy—when I wasn't getting walking in, I'd go to the park and do an intense workout session with the jump rope. I uniquely like the jump rope because you can get an amazing cardio workout in, and easily tap into high intensity workouts. The jump rope also helps build muscle and is wonderful for core strength because you're also engaging your entire body.

TYPES OF GEAR MANY TRAVELERS BRING:

- Jump rope (my favorite)
- Lifting belt
- Scale
- Resistance bands
- Yoga mat
- Inflatable weights
- Pull-up bar
- Push-up bars
- Exercise ball
- Ab roller
- Gliding disks
- Sandbag trainers

- Swim goggles
- Portable gymnastic rings

It's difficult to travel with all of the items above, but it's possible to have several of these items packed in the bag and be completely fine. Figure out which items stand out to you, allowing for easy-packing, then go purchase them. Having a couple items of fitness gear available will be immensely practical as you'll likely find yourself in situations where you don't have access to anything else. If you're a traditional weightlifter but have opted to go the no-gym route, or don't have access to a gym, then it would be prudent to purchase some thick resistance bands.

WHAT I USE

It would be impractical to bring actual weights, so I bring resistance bands. They have 100 lbs (45 kg) of resistance that I can use for many different types of workouts. You can pack them just about anywhere, and are able to get a pump on for most muscle groups. There are a lot of workouts you can choose to do with a resistance band.

I currently have eight 10 lb jugs of water with soft handles. It's great because I can put four in each hand and swing them like two 40 lb (18 kg) kettlebells—equipment for less than \$10.

You can do more than just kettlebell swings too. I use them to work out my back, shoulders and arms—I even squat and do lunges with them. There are endless things you can do by being creative and using inexpensive items you find at the store or around the house.

Pro tip:

When I arrive to a new destination and want to lift without signing up for a gym membership, I go to the local supermarket and buy jugs of water with handles. Using these water containers, I am able to replicate the feeling of having weights.

JUMP ROPE

There are many great cardio workouts you can do with a jump rope. It's no wonder so many professional athletes turn to jump ropes to keep the weight off. Even "light" use of the rope will get you sweating. Its versatility makes it perfect to pack for when you're on the road. Want a crazy intense workout? Use the jump rope. Want a slow and low, 30-minute cardio session at the nearby park? Use the jump rope.

Why this is a great piece of travel equipment:

Great for warm up; hard to injure yourself; teaches you how to move your body; increased athleticism; uses your entire body.

LIFTING BELT

For those people looking to sweat at the gym, bring a lifting belt. It's likely a lot of you already implement high-impact, full-body workouts into your routines, so a lifting belt will help keep you at ease when traveling because a lot of gyms probably won't supply them.

Why this is a great piece of travel equipment:

Protects your back from injury.

SMALL WEIGHT SCALE

If weight loss is a major goal for you, bring a small weight scale with you—especially if you're on the road for long periods of time. There are scales that can easily fit in your bag. Rather than guess how much you weight, a scale is far more accurate.

Why this is a great piece of travel equipment:

Data is power. Helps you more accurately keep track of your results.

RESISTANCE BANDS

I have a 45 kg resistance band, and for me, it's the easiest way to get a strenuous, muscle-building workout without having to go to a gym.

Resistance bands offer countless ways to target essentially every muscle group. With a resistance band, I can replicate bicep curls, tricep dips and bench presses.

Having a resistance band can replicate the feeling of having heavy dumbbells without having to pack all that weight. They're light and you're able to easily adjust the weight. They'll keep your creative muscle working as you will have the ability to leverage them in situations that most people don't even think about—like wrapping them under a chair for a chest workout. They're quite helpful for toning. Spend a few extra dollars to get something that doesn't break—the flat surfaced bands are better than the hollow tubes.

Why this is a great piece of travel equipment:

You can hit many body parts, isolating them for a deeper burn, allowing you to build bigger muscles.

YOGA MAT

Many people bring and use yoga mats for travel. Fortunately they are light, pack somewhat easily, and can provide you with a smooth surface when you're in need of one.

Why this is a great piece of travel equipment:

Lying down at the airport, doing yoga in your hotel room or the park—they're pretty robust and crucial for when you just want a place to sit down.

INFLATABLE WEIGHTS

I've used inflatable weights a few times and I would expect that some of you have tried them. If you're unfamiliar with inflatable weights, they're plastic weights that can be filled with water.

Why this is a great piece of travel equipment:

They're the closest to replicating an actual dumbbell that you might find at the gym.

PULL-UP BAR

Pull-up bars vary in size and you'll want to find something that can fit in a carry on bag. On Amazon you can search for "travel pull-up bars" that come in several pieces.

There are also other pieces of equipment that can hinge in the door (with the door being shut). This allows you to clasp the pull-up "bars," and as you pull up, your knees slide along the door. It can be an effective way to get a phenomenal workout in your room.

It's tough to replicate a pull-up, and it's not always easy finding a bar or a playground where I can perform these without looking like a complete dork.

Why this is a great piece of travel equipment:

Can be done in many places; they're simple; works many muscles.

PUSHUP-BAR

Push-up bars allow you to get a deeper pushup—closely replicating a bench press. There is nothing like a clean push-up because you're able to work many muscle groups including your core, and do them nearly anywhere. If push-ups are a major part of your travel fitness routine, I'd encourage you to take it to the next level with a push-up bar, and get a more intense push-up routine in your fitness regimen.

Why this is a great piece of travel equipment:

It will give you a more intense chest (and shoulder) workout than simple push-ups.

INFLATABLE EXERCISE BALL

It is possible to travel with an exercise ball. If you're going to be gone for a longer period of time and rely on them for stretching, it's worth considering bringing with you. A simple deflate will allow you to easily pack it. Blowing it up will be the hardest thing, but absolutely worth it if you are staying put for a while.

Why this is a great piece of travel equipment:

The fitness ball gives you the flexibility to do even more creative workout routines.

AB ROLLER

These handy little devices typically come in several pieces and are helpful when you want to build a strong core when traveling. You don't have to spend a ton of money, and there isn't much difference between one that costs \$20 and \$120. I only spent \$20 on my ab roller.

There's are ab rollers on Amazon that can easily be broken into several pieces—they can fit in any travel bag whether you're doing a sales trip in Detroit, traveling to Dubai for holiday, or venturing throughout Portugal for the summer as a nomad.

Why this is a great piece of travel equipment:

The benefit to this little device is that it strengthens all the muscles in the core, unlike sit-ups and other less effective exercises.

PORTABLE GYMNASTIC RINGS

There are many different workouts you can do with portable gymnastic rings. They add instability to any exercise, making you work harder.

Why this is a great piece of travel equipment:

Easy to pack; great for building muscle; can perform more creative workouts.

APPAREL

Knowing what gear and clothes to bring is a serious predicament when going anywhere, especially if you're living out of a backpack or small

suitcase. Think back to your previous travels and I am sure you can recall experiences where you wish you either would have brought something you forgot behind, or left something at home as you found there was no need for it.

Pro tip:

Bring half of the clothes you think you should bring.

Bringing clothes that wick sweat and moisture are ideal when on the road. I always bring clothes that I know I can sweat in while at the airport and on the plane without having to worry about it getting gross and soggy. Typically looser fitting items are my preferred.

Pro tip:

Even if you're headed to a warm destination, bring a sweatshirt for the plane ride as they tend to get quite cold.

Bring a pair of running shoes that are multipurpose: fitness shoes for the gym, running around the city or sprinting at the park. If you're serious about working out and being active, but are also living out of a backpack or suitcase, then pack only one pair. As I was recently traveling in Peru to hike Machu Picchu with my mother, I brought only two pairs of shoes with me—a pair of sneakers for traveling between airports, and a versatile pair of shoes for running, workouts and the hike to Machu Picchu. I knew that if I had brought another pair of shoes, they would go unused.

Lastly, you don't need to purchase the most expensive items. Spend a little bit of money on a couple highly versatile, functional items that you will get years of use out of.

CHAPTER THREE TAKEAWAYS

- Bring workout gear that is easy to pack
- Bring less clothes than you think is needed
- Buy multipurpose gear
- Keep it simple
- You don't need to spend a lot of money

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CHAPTER FOUR: WORKOUTS, EXERCISES & YOGA

A lot of the workouts I'll be discussing are primarily focused on being able to perform them in an array of different environments with little to no equipment. There is a strong emphasis on bodyweight workouts which helps maximize fat loss and muscle gain in a short period of time and little available space. Fitness routines come in many shapes and sizes, so I obviously won't be covering all of them, but there are training routines that more suitable for travel compared to others.

HIITs

Regardless of whether I am traveling or not, I like high intensity interval training (HIIT) workouts because they target most muscles in my body. After an intense HIIT session, this type of workout increases your metabolic rate, helping you burn fat faster, as well as burn fat throughout the day. Because they're performed at extremely high intensities, they take little time. For these reasons, it's an ideal form of training when you're short on time, equipment and space.

I've been a major proponent of HIITs for over the last 10 years. I first "discovered" them on my first solo trip to Europe. I needed a quick way I could get a burn in without any weights while continuing to lose weight. After a lot of Googling, I discovered HIITs and their effectiveness for burning fat.

In my personal experience, a quick 10-minute HIIT session has produced

better results than a slow-and- low cardio session where I am not working my body very hard. There are many types of HIIT workouts, typically performed in 10-30 minutes depending on intensity. I'm a fan of HIITs that are in the 10-20 minute range because they're long enough to where I can break a sweat, but short enough to keep it interesting. I keep the "intensity" above 85 percent of maximum capacity. When performed at this intensity level, your body releases a massive amount of endorphins—I always feel Zen after a session.

If you have access to outdoor areas, you could perform HIITs outside given the amount of available space. But if that isn't in the cards, your bedroom works great too. At first, it's quite awkward working out in a little room, but you quickly get over this. If it's weird (for reasons such as not wanting to make too much noise), just start with pushups, sit-ups and bodyweight squats. As you get more acclimated with your living place, you'll feel more comfortable doing workouts that are much higher in intensity. This will take getting used to, but it's worth it. It's liberating to know that you can always manage to get in an intense workout no matter where you go.

My favorite routine, a workout I typically do once or twice a week, is dubbed the "Spartan workout." It's a complete bodyweight HIIT that doesn't have any rest periods whatsoever—performing a series of workouts one after another. When I was living in San Diego, I started experimenting with this Spartan workout in my garage. I was incorporating different bodyweight workouts into the routine until I found something that stuck. Once perfected, I took this workout on the road with me wherever I went. Here's the workout to be performed at about 85-95 percent intensity:

- 30 jump squats
- 30 air-bound staggered push ups
- 30 jump split squats

- 30 push-ups
- 30 deadman squats
- 10-30 Hindu push ups
- 30 jumping jacks
- 20-30 burpees
- 30 seconds high knees
- 100 mountain climbers
- 30-60 sit-ups

This workout takes me 7-10 minutes and can be performed almost anywhere. I love it because it does a few things such as getting my heart rate up near my max, it burns fat throughout the entire day, and I've fallen in love with the flood of endorphins.

WORKING OUT IN YOUR ROOM

Sometimes I opt for working out in my room to eliminate the hassle, time, and energy of finding a park outside. A good goal is to maximize the amount of calories you burn. When you put your body in an anaerobic state, you continue to burn calories even when you're not working out, making it extremely popular and effective. HIIT works well in your room because many people don't want to do 40 minutes of slow and low cardio.

You could mix it up between high intensity intervals and medium to high sessions of cardio—things like jumping jacks in sets of 100. You can perform medium-paced jumping jacks in sets of 100 for 10 minutes.

Here are some examples of workouts while back at your hotel, hostel or Airbnb:

- Working out on the balcony for fresh air
- Using the bed posts for attaching your fitness bands
- Put clothes in your backpack and lift it over your head
- A chair can be used to do tricep dips
- Buying and using water jugs for weightlifting

Use your creativity. There are no limits as to what you might be able to find and use in your room when you want to get a great workout.

THE TABATA

The Tabata has been dubbed the “four minute workout.” Here’s how it works: You work out near 100 percent intensity for 20 seconds, then rest for 10 seconds, completing a total of eight rounds. These workouts are awesome and you’ll see some amazing results from performing them. For me, Tabatas have produced tremendous results and I highly advise that everyone do them (if healthy enough).

That being said, it’s something that you might want to supplement with longer forms of cardio. There is other data to suggest that increasing your VO2 max is more a product of endurance training, which you won’t get with a Tabata regimen. Try starting out with doing one or two Tabata workouts per week, then optimize as you travel.

FUNCTIONAL FITNESS

When you’re traveling, you’re likely jumping from plane to plane, walking

from the airport to your Uber or Lyft, and lifting your bag up and down many times. Functional fitness is a way of training that focuses on using your entire body as a functional unit. Functional fitness helps people perform real-world circumstances like traveling.

Bodyweight workouts like squats, lunges, pushups, and pull-ups are highly effective for burning fat, and they use nearly every muscle in your body. Instead of doing isolated bicep curls, you're training your body in such a way that uses your muscles in more meaningful ways.

Pro tip:

Get large water bottles from the store and use them as weights.

MY TRAVEL WORKOUT ROUTINES

When I was traveling throughout Thailand, there wasn't a lot of room to run on the streets. So in order to get my steps in, I made it a point to walk nearly everywhere. In conjunction with walking, I needed a HIIT I could perform every other day in order to shock my body (the Spartan workout provided above).

A month into it, I noticed I was feeling good, but I was losing some muscle mass. So I wanted to incorporate more weights into my overall regimen, but I didn't want to deal with the hassle, trouble, money and time going to a gym somewhere in the city. There weren't as many gyms there as there were in other places like the United States.

I decided to use my travel bag and fill it with all my clothes and full water

bottles to give it some more weight. I had created an effective weight that I could use for lifting and maintaining my muscle mass. As previously mentioned, I found large water jugs that had handles, and I filled them up and swung them around like kettlebells.

These workouts were being formulated and created on the go—purely based on what I felt like I needed to do. I felt like I was getting closer to a robust workout regimen that anyone could perform on the road. After that experience, my travel workout regimen consisted of the Spartan HIIT workout, walking, and my bagged weight routine.

BASIC TRAVEL-CENTRIC WORKOUTS

I've compiled useful workouts that allow for easy accessibility, require little to no learning curve and can mostly be performed without equipment.

- Sprinting: Sprint 100 meters 5-10 times while walking in between each set.
- Burpees: Dubbed by many fitness professionals as the best workout in the world. Here's how they should be performed:
 1. Drop into a squat position with your hands on the ground
 2. Kick your feet back, placing your body into a plank position
 3. Jump your feet back into the squat position
 4. Jump back up into the air from the squat position
- Pull-ups: Using a pull-up bar, raise your body until your head is above the bar and slowly go back down.

- Jump rope: Using the rope that you brought with you, experiment with fast speeds as a form of HIIT workouts, as well as slower speeds for cardio.
- Jumping Jacks: They engage the entire body and can be performed just about anywhere.
- Dips with a chair:
 1. Take a chair and position your hands on the sides
 2. Elevate your feet on an object like a bed or a table so that your lower body is straight
 3. Dip your body down so that your butt goes lower than the chair
 4. Perform a set of 10 reps, with as many sets as desired

Pro tip:

For tricep dips, try a 3-5 second count for each rep—it will force you to control your motion. Also experiment with positioning your hands closer together and farther apart on the chair.

- Bag raises:
 1. Take your travel bag and fill it with your belongings
 2. Spread your legs shoulders-width apart
 3. Squat down, keeping your back straight, and grab the bag from both sides
 4. Come up and raise the bag over your head
 5. Repeat

- Kettle-bell swings: You're going to need to find something you can swing like bottles of laundry detergent, water jugs or your bag.

- Pushup variations:
 1. Clap: A pushup where you thrust from the ground and clap your hands in the air
 2. Wide: A wider-than-usual grip pushup
 3. Diamond: Putting your hands together, forming a diamond and performing a pushup
 4. Staggered: One arm farther forward than the other
 5. Handstand: Hand-standing against a wall and coming down

Other simple bodyweight workouts include:

- Squats
- Planks
- Wall-sits
- Lunge
- Mountain climbers
- Crunches

YOGA ON THE ROAD

In case you haven't noticed, yoga has become incredibly popular over the last five years, and for good reason—it helps strengthen muscles, lubricate joints and fosters a deeper sense of connection with the present moment. Honestly, yoga is just stretching, so no need to overcomplicate things. If

you are completely unfamiliar with yoga, I'd encourage you to keep an open mind. It's one of those things that has become riddled with pseudo-religious nonsense, but the actual poses are quite useful—particularly when you're on the road. At first, stretching sounds easy, but if you've never done a proper yoga session, prepare to get your ass kicked. Doing yoga also improves your quality of sleep, breathing and life.

Almost anywhere you go you'll find yoga classes and retreats. While I haven't been to many overseas yoga sessions in foreign countries, other travelers and digital nomads can help you by recommending the best classes in your area. In fact, I have friends that travel simply for yoga retreats. The amazing thing about yoga is the muscle strength gained it will translate to other areas of your life. The more flexible you are, the better you can perform workouts and prevent injury. To supplement your other strength, conditioning and cardio efforts, try incorporating a 30-60 minute yoga session.

Yoga can be performed nearly anywhere—the airport, your hostel or Airbnb, outside, etc. Yoga helps revitalize you when faced with the stresses that come from traveling. As mentioned earlier, some airports even have areas where you can lay out your yoga mat and start stretching. The more I do yoga, the less injuries I have, so I've been making it a part of my travel routine. It's been wonderful for reducing anxiety, boosting energy levels while keeping me limber.

MEDITATION ON THE ROAD

I've been meditating almost everyday for the last two years, and it has completely changed the way I interact with the world. Unfortunately

“mindfulness” now carries a lot of baggage because of how it’s been portrayed in popular culture. But having pursued mindfulness meditation, I can say that it has profoundly changed my life—especially when I am traveling. If you’re unfamiliar with mindfulness meditation, mindful.org defines it as “the basic human ability to be fully present, aware of where we are and what we’re doing, and not overly reactive or overwhelmed by what’s going on around us.”

When traveling, you’ve probably found yourself in troubling situations that have tested your patience. Mindfulness is a means to keep you sane. It’s a practice that helps keep your head clear and reduce anxiety. By staying mindful of your travel plans, health and fitness, you will be in a better spot in understanding what’s serving you and what things aren’t.

Through mindfulness meditation, I’m more in touch with my mind and my body. I hear similar opinions from many people who say it helps them think about what they’re eating and why, and then they catch themselves as they’re about to make a poor decision. There are others that use their workouts as a meditation—to clear their mind. In fact, Arnold Schwarzenegger mentioned he does this in a podcast episode with Tim Ferriss.

Mindfulness will put you into a frame of mind where you can notice thoughts arise for what they are—thoughts. You’ll be able to more easily these sensations when they happen in the present moment, and then choose how to react to them. Meditation is beneficial for travel because you’re less likely to get angry when someone cuts you off in traffic, or when someone obnoxious harasses you on an airplane. You’re better equipped to catch yourself when you’re straying from your health and fitness routines. You will find serenity in more places. You’ll develop a deeper sense of self, allowing you to more fully experience things.

CHAPTER FOUR TAKEAWAYS

- Yoga and meditation are wonderful strategies while traveling
- If you're a beginner, it might be a good idea to get a gym membership
- You don't have to have a gym membership to get a great workout
- Be creative—experiment and come up with your own fitness hacks and routines
- Do what works for you

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CHAPTER FIVE: YOUR TRAVEL PERSONA

In 2015, I took a two-week family trip to Panama. It was my first experience in Central America and we were staying on the West side of the country with no cities around. The house was located an hour south of David in a region called Boca Chica. There weren't workout facilities or parks. What I had was the beach and the driveway.

Fortunately we spent a ton of our time on the beach walking, surfing and kayaking each day. These day activities contributed to my daily fitness goals and fit into my overall fitness strategy. The sweltering sun made things quite a bit more difficult too (this is a good thing). Every other day in the mornings, before it got too humid, I performed a HIIT that targeted every body part leaving me exhausted.

You'll find yourself in many environments without a clue as to what to do—no game plan or routine. Each unique region or country will provide new challenges. The purpose of the following section is to illustrate real-world fitness scenarios based on a series of templates that represent a different type of traveler. Each template accounts for differences in length of stay, lifestyle, goals, age, etc.

THE BACKPACKER

SCENARIO ONE

You're getting ready for one of your first solo trips as a backpacker. You're going to have the time of your life seeing new cities, going to hostels, eating exotic food and drinking exotic alcohol. You're 22 years old, and you

couldn't be more excited. The destination is Southeast Asia—Thailand, Laos, Myanmar, and Indonesia.

You've been pretty fit your whole life. You did school sports. So letting your health escape you definitely gives you some concern, so you start to devise a plan. As you think to yourself, you realize that your plan needs to account for your geography, your financial and living situations, and your itinerary. As of now, the itinerary is completely open as you're just looking to explore.

Here's what you might come up with:

- Walking everywhere. You'll mostly be walking with a heavy backpack, so that's going to be a useful strategy for getting cardio in, as well as maintaining some muscle mass.
- Excursions. Because you'll be spending a couple weeks in each destination, you decide to make it a point to book as many cool nature hikes and beach activities as possible.
- Hostel workouts. If no one is in your room, you think about performing some HIIT workouts like jump squats or burpees.
- Beaches. Some of the hostels you've booked are close to a beach. Sneak in some sprints on the sand. If you have time for a long run, do that. The beach is also perfect for bodyweight workouts.

SCENARIO TWO

You will be spending six months in South America. There's no definitive plan, but you know it'll be slow travel, spending at least a month in each

city—maybe more, maybe less. You're not working, and a lack of Internet connection doesn't bother you. Additionally, there are no itineraries or obligations, so you're easy-going.

You have the flexibility and time to plan your workouts. You're happy to put in more time, and that's what you do. Fortunately, you know friends and are staying in a series of Airbnbs and booking places when you're there. You have the luxury of more room for workouts.

Here's what your plan might look like:

- Long hikes and excursions several times a week.
- High intensity military-style workouts in your room.
- Weightlifting using at-home items as well as the gear you brought:
 - o Chair: For tricep dips.
 - o Water jug: To replicate kettlebell swings.
 - o Resistance bands: An array of shoulders, chest and arms exercises.
- Yoga, because you have the space and time.

THE DIGITAL NOMAD

SCENARIO ONE

It's your first real go at being a digital nomad. Considering you've traveled to many countries in the past, you have experimented with some routines but haven't formalized any method for staying in shape. You're older and more experienced. Maybe you already have a general fitness routine.

For this trip, you're staying for a couple months in the south of France, as well as spending a significant amount of time in the Balkans. You've booked

a long-term stay in a studio in the heart of Nice. It's not too big, but big enough. It's furnished with chairs and other basic appliances. Because you knew this would be long term, you brought along a jump rope and fitness bands.

Here's an example routine:

- Twenty minutes of jump rope first thing in the morning at the local park.
- Each afternoon you walk to the other side of the city, which takes you about 45 minutes, so that you can get some work done at a coffee shop.
- Every other day you do a full body workout using your resistance bands targeting muscle groups that you haven't worked out in 3-4 days.

SCENARIO TWO

You're an experienced digital nomad. A gym is a big factor with your fitness, so you hold a Snap Fitness membership. Your typical routine consists of deadlifts, squats and bench press. You know it's not easy to get this intense lifting in unless you settle in a place for at least one month. It won't be easy but your commitment to your fitness routine keeps you seeking creative options.

It's a six-month excursion—you're staying in London, Spain and Portugal, then off to Australia for a month to visit friends. You don't want to spend too much time in the gym, but want to get at least two or three good lifts in

per week. You're supplementing your lifting with yoga, long runs and high intensity bodyweight workouts.

Because you meet friends in each country, you do anticipate a fair amount of celebrating and partying and anticipate drinking a moderate amount of alcohol.

Here's the routine you decide to create:

- Gym 3x week with compound exercises, squats, deadlifts, and bench press to maximize gains targeting all of your muscle groups at once.
- A long run once per week—you'd like to keep your endurance level high.
- HIITs twice per week, performed at the local track or park—bodyweight workouts and sprints.

THE ENTHUSIAST

SCENARIO ONE

You're booking a little trip to a few random places. You've managed to negotiate a month off work and have booked an Airbnb in Montenegro. There are many beautiful hikes and trails for you to take advantage of. The month after that you'll be on your way to Switzerland with your partner. You're staying in a little town outside CERN so you can go see the Large Hadron Collider.

Having grown up playing outside, you've developed outdoor workouts that are useful for you. Because this is more of an extended vacation, your real goal is to not gain more than a few pounds.

Here's your general routine:

- Fasting Sunday night through Monday afternoon for calorie control.
- A bodyweight workout on Tuesday.
- Long bike ride or a hike on Wednesday.
- Rest on Thursday.
- Friday bodyweight routine and more nature hikes that take advantage of scenery.
- Saturday—a long hike.

SCENARIO TWO

It's been a goal to hike the legendary Incan Trail and Machu Picchu. You and your spouse plan a three-week excursion, staying in different areas of Peru. You've spent the last couple of months getting in shape by going on long hikes and climbing high mountains.

Hiking Machu Picchu will be a three-day hike. You would like to explore the cuisine in Peru without having to hold back. So you decide you want to keep your travel workouts simple—basically hiking and short, high-intensity workouts in your room.

The hike itself is a hell of a workout, but all of the days you're not doing the hike, you decide to do day hikes and excursions.

Here's the general plan:

- Daily hikes around town, the campsites and in the hills.
- The three day hike to Machu Picchu climbing 1,200 meters and hiking 20 kilometers on the first day, hiking 15 kilometers on the second day, and then eventually climbing 800 meters and hiking 8 kilometers on day three.
- 200/200/200: You perform 200 pushups, 200 squats and 200 mountain climbers in your hostels on the days you feel the need.

THE ROAD WARRIOR

SCENARIO ONE

You're on a trip for work. You're currently living in Chicago and frequent other parts of the Midwest as part of your sales territory. When you're not on the road, you enjoy hitting the gym a few days a week.

The average work trip is about three days. For your role, you tend to take clients out for dinners and drinks making it less than ideal for eating healthy. Preparing for your each work trip with a few intense, workouts leading up to it helps compensate for slight overconsumption with clients.

Here's the plan you've pieced together:

- To the best of your ability you take advantage of the recreational facility at each hotel, performing a lot of full body workouts like squats, deadlifts and presses to save on time and burn more fat.

- They have a pool in most gym, so you swim laps on your non-lifting days.
- You stick to salads when out to dinner and only have two light alcoholic beverages.

SCENARIO TWO

You're a startup founder who is based in the US with an office in San Francisco and one in Singapore. You travel frequently within states to meet with prospective clients and investors. Every two months you travel to the Singapore office for a week.

You mostly want to combat the long bouts of sitting on planes with some sort of run due to the lack of physical inactivity. Eight-mile runs are normal for you as you're more of a hiker and distance runner rather than a person routinely lifts heavy weights. You do an 18-6 fast—18 hours fasting with a 6-hour eating window. For you, it's more about maintaining low body fat and having high levels of endurance.

Your workout routine is quite simple:

- Upon waking, yoga for 30 to 60 minutes.
- After yoga, 100 push-ups, 100 sit-ups, 100 squats.
- A daily 5-mile run after meetings.

THE EXPAT

SCENARIO ONE

You're in your early 60s, unmarried but have a life partner. You're still in great shape for your age—thin with low body fat. You can't do the high impact workouts you once could, and yoga is where most of your fitness time is concentrated, so you're limber for your age. Each yoga session usually lasts over an hour, and you can hold poses for three to five minutes.

As an expat, you tend to stay in “your” city for longer periods of time—years.

This is the routine you've perfected over the years:

- Walk on the beach for two hours upon waking.
- 60 minutes of yoga in the afternoons.
- Moderate weight lifting of dumbbells 3 times a week.

SCENARIO TWO

You, your spouse (in your mid forties) and children have picked up everything from Holland and now live in Japan. You've acclimated nicely over the last two years. Creating health and fitness routines wasn't easy at first, but now you're in a much better spot. You and your spouse have gym memberships and push each other to stay fit.

Here's what you do:

- Intense weight training before the kids wake up 3 days a week—you're at the gym at 5:30am.
- A daily 3k run in the evenings before or after dinner.

- Fencing, jiu jitsu or soccer with your children on Saturdays.

CHAPTER FIVE TAKEAWAYS

- Take into account how much traveling you're going to do in any given year
- Identify what type of persona you are most of the year
- Identify your goals
- Take advantage of your environments—cities, mountains, countryside
- Do what works for you and stick to it

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CHAPTER SIX: NUTRITION AND DIET

During my first time in Asia, I had a difficult time finding vegetables. I was in Thailand. It was my fault for not doing enough research or looking harder before or after I had arrived. So I went without essential nutrients and vitamins because I was too lazy to stay on top of my nutrition. The rice and meat started to wear on me. I became weak and foggy-headed. I just needed a healthy dose of vegetables. Fortunately we were able to find a salad-centric restaurant in Chiang Mai, as well as a grocery (something similar to a Whole Foods one might find in the US).

Upon learning about these places, I immediately got a salad and stocked up on vegetables. Over the course of a few days, I regained my mental clarity. My skin cleared up and I had more energy. My sleep improved and I found that I was able to more fully enjoy life. If you haven't noticed through your own experiences, diet and nutrition play a vital role in the development of your mood, muscle and fat storage. You truly are what you eat. In this chapter, we'll cover some strategies around mitigating eating unhealthy food when you're on the road.

HOW I EAT & MY MACROS

Most of the time I try to eat at a deficit, meaning I burn more calories than I consume so that I can effectively manage my weight. This strategy also makes it weight management easier when I decide to binge, cheat or have a wild night out with friends. I am 185 cm and like to maintain my current weight of 84 kg, I can eat around 2,400 to 2,600 calories. Here are my basic macros while traveling:

- 1,900 calories per day (eating at a deficit)
- 100-150g carbohydrates
- 128g protein
- 50-100 g fat

Experiment. Don't confine yourself to one way of eating. Listen to your body and figure out what works best for you. Finding something sustainable is crucial so you can stick with it, then track your progress while remaining flexible.

COOKING AT HOME

As seen above Mandy highly recommends people cook at home while they're traveling. You can avoid unnecessary calories and foods if you know exactly what you're going to be eating. Before booking a place to stay, make sure they have a kitchen you can use. Cooking at home while traveling isn't ideal for those spending a few days or weeks on vacation somewhere, though. But for those spending one to three months in a city, it's a game changer. Cooking at home does a few things for you:

- Saves you money
- Nutrient-dense foods are more readily available
- Can more easily track macros

In order to cook at home, obviously you'll need to reserve an accommodation that has the necessary cooking supplies. Hostels typically have shared kitchens where you can cook. Most Airbnbs should have a cooking area and can even provide the proper cooking equipment to prepare food. Additionally, finding quality supermarkets that have an

array of foods, especially vegetables, to cook with is pivotal. If you're in a completely unfamiliar area or country, do some Googling to see where the closest grocery markets are.

CALORIES MATTER

If weight loss is your goal, counting calories matters. It's going to be difficult to do so on the road, so you'll need to be diligent about it. There is a lot of conflicting information regarding calories right now. When you go online, it's easy to convince yourself of nearly anything.

Based on my experience and research, calories certainly matter if weight loss is your goal. You may have heard the saying, "a calorie is a calorie is a calorie." One thousand calories of doughnuts is not the same as 1,000 calories of spinach. As I've mentioned before, I won't get bogged down in the science, but calories are still energy, but they don't carry the same weight.

Eating the thousand calories of doughnuts will cause your insulin to spike due to the sugar intake and the breaking down of glycogen (from the carbohydrates). Inevitably, eating this way will cause inflammation. As the body doesn't know what's going on, it goes into shock-mode where it'll want to store fat.

Calories are energy, though. If it's your goal to lose weight, the only way to shed it is to consume less calories than you burn. So when you arrive in a new place, check out the food, then Google the calorie count in those dishes and ingredients. Some people go so far as tracking every meal in apps like MyFitnessPal. I'm not that extreme, but if you are serious about losing

weight while traveling, it'd be practical to consider counting.

ALCOHOL

Let's talk about booze. Being exposed to alcohol at work events, cultural engagements, ceremonies and celebrations can make it difficult to stay healthy when you're on the road. Knowing the differences in alcohol types and consumption levels will help you stay leaner and feel better while having a great time. Newsflash: when people are traveling to new countries, alcohol plays a crucial role in bridging cultures and it acts as a social lubricant.

When evaluating your alcohol consumption, keep in mind that there is a hierarchy for drinks that'll compromise results. Typically, the heavy, sweet and dark (rum, cognac, whiskey) types of alcohols are going to make you feel worse as they have more calories and sugar than those of clear, light-colored alcohols like vodka, gin and sake. Among the featured travelers in this book, it's about a 50/50 split for those who consume alcohol regularly and those who don't.

BEER & WINE

My home base is in Portland, Oregon, and I am surrounded by delicious craft beer—but they are high in carbohydrates. I love beer, but I've almost completely cut it out of my diet, and I feel a lot better. If you can fit beer into your travel nutrition macros, then by all means, drink beer. Definitely opt for lighter beers over the darker ones. Calories will be drastically lower, and the hangover will be minimal.

The nice thing about wine is that it has a fraction of the carbohydrates and calories compared to beer, and you can more easily drink it on a regular basis while still keeping fit. Compared to a craft beer, which might have 30 carbs, wine tends to have two to seven carbohydrates. There are different types of wine that fare better than others. You'll probably want to avoid a sweet port regularly, whereas going lighter with something like a pinot noir is more sustainable.

INTERMITTENT FASTING

Fasting has gained a lot of steam over the last several years. It's no longer controversial to say that fasting is extremely effective for weight loss/control, improving insulin sensitivity and there's even evidence it helps rid pre-cancerous cells. Fasting should be viewed as your friend traveling. It's such an effective strategy to burn unwanted calories.

Fasting has proven useful for me for a variety of reasons including mental clarity, weight loss and reduced water retention. I've actually stopped eating breakfast—only drinking coffee in the mornings. If you're new to intermittent fasting (IF), you may be skeptical. "Fasting? Isn't that bad for your metabolism?" No. It turns out, like many things in nutrition we've been lied to about sugar, saturated fat and fasting. We've had it completely backwards. Experiment with it and monitor your results.

Anthony Bourdain also fasts while traveling. He doesn't eat and of the crap at the airport or on the plane. It's a useful strategy for him because he will arrive at his destination hungry and ready to eat. Intermittent fasting might also play a crucial role in countries that are carb-heavy and

countries where you just know you are going to gain weight. There are different types of fasting methods that use eating windows as a strategy to limit food intake.

TYPES OF FASTING

I typically do a 16-8 or 18-6, that is 16 hours of fasting, with an eight hour eating window, or 18 hours fasting with a six hour eating window. Here are some examples:

- 12:12—12 hours of fasting followed by a 12-hour eating window.
- 16:8—16 hours of fasting with an eight hour eating window. I will typically finish my last meal by 7:30 or 8pm and I won't eat until noon the next day.
- 18:6—I will finish dinner around 8pm and I won't eat until 2pm.
- 23:1—23 hours of fasting with a one hour eating window.

You'll notice your body change when you implement fasting in your routines, especially if you work out in a fasted state. For those of you currently on the road, I'd recommend spending some time, a week or more, experimenting with intermittent fasting, as your body will likely change, reducing some of the water weight you're carrying around.

GETTING THE NUTRIENTS YOU NEED

At the beginning of this chapter I told you about my difficulty in keeping my fiber and vitamin intake high, like not getting the proper nutrients that I needed in order to stay healthy and fit. You might find yourself making

compromises—getting into a mindset where you put off this week’s goals because you know you’re going to be here for another two months.

Cultivating a disciplined mindset will ultimately help you be a professional. The professional also knows when to binge, to withhold, when to workout and when to relax. The professional knows all of these things because she has experimented. She’s been there, and knows her body, and aligns her actions with her goals.

The professional doesn’t get too beaten up when she falls off the wagon, because she knows she can and will quickly pick herself up again. Then she experiments, iterates, records, learns and rows. The professional keeps the ultimate goal in mind, and that’s the journey to feeling better—a daily practice.

CHAPTER SIX TAKEAWAYS

- Employ strategies to mitigate damage from impulsive behavior
- Keep your diet plan realistic
- Experiment with different diets and eating strategies
- Plan your eating habits prior to going
- Intermittent fasting is effective for weight loss

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CHAPTER SEVEN: STRATEGIES & TACTICS

During my time in Bali, I did an okay job piecing together a diet and workout plan but I knew I was still missing out on tactics that'd help me feel even better. I was walking all over the island, doing compound lifts with my bag full of clothes in my room, and doing full-body HIITs on the beach. I was still curious to find out what strategies, tactics and techniques other travelers were doing and what I could be missing out on.

ORGANIZATION

As I encountered others online and in real life, I found that being organized and keeping all of your health and fitness practices in one place is crucial. Many people were tracking their meals and fitness plans in a journal or online.

When I'm traveling for longer durations of time, I typically build a Monday through Sunday routine and store it in Google Docs or Evernote. When you create your weekly and monthly health and fitness plans, it shouldn't take you all days, but spend an hour writing everything down—you'll be happy you did.

I also write in my journal each morning. Journaling allows me to spend a few minutes talking about how I am feeling with the workouts—what I need to do more of or less of, the foods I've been eating and other health and fitness-related activities. A journal is a clarifying tool that keeps my mind focused on my goals. Author and entrepreneur Tim Ferriss has greatly advocated for journaling, discussing the benefits and how it's been one of the best components in his life. Journaling will help keep you on track with

your current fitness goal.

THE IMPORTANCE OF SLEEP WHILE TRAVELING

For most of my life, I've never placed an importance on the quality of my sleep. I actually used to say, "you can sleep when you're dead." Looking back, I realized how foolish I was. Now if I don't get a restful night sleep, nothing else matters. For most, you're unable to think coherently. You'll be more likely to fall behind in your workout routines. A lack of sleep will lead to poor decisions about what to eat, potentially causing a spiral into unhealthiness and malnutrition.

You're not able properly function if you're perpetually tired. Your body won't be able to produce the energy it needs to workout and to repair itself. This is especially true when you're traveling, as you're likely to get poor sleep en route to your destination. For the travelers who have made sleep a top priority, they reported they were happier and able to stick with their routines.

WALKING TO GREAT HEALTH

Whether you're traveling or not, walking is incredibly healthy. For tens of thousands of years, we were constantly moving and using our bodies throughout the day. Now we're sitting for most of each day, spending time in coffee shops, airplanes and co-working spaces. Don't take the short cut and say that you don't have time to walk. More often than not you'll be happy that you walked helping you feel refreshed and energized.

Steve Jobs, Friedrich Nietzsche and Albert Einstein regularly walked, all claiming it helped with their creativity. A neat thing about traveling is that walking is a natural part of the experience. Airports will make it easy to get those steps in. Walking around and exploring each city will allow you to get thousands of steps in each day too. When walking is a priority, your physique will improve, your mental state will improve and your sleep will improve. Walking can help you alleviate the anxiety that travel may sometimes bring.

Walking is one of the best strategies to stay fit for travelers. When you arrive in a new city, walk around instead of taking public transportation—it will give you the opportunity to see hidden restaurants and markets, cool buildings, and meet people you never would otherwise. You're more likely to see the "real" parts of each place rather than only the touristy areas. Plus, you're getting a great workout at the same time. It can be revitalizing to go for a 5-mile walk after a long flight.

If you catch yourself sitting too much, try logging your steps. When I first started logging my steps, at first, I was only averaging about 6,000 steps a day. When I wanted to get 10,000 steps in, I incorporate a walk in the morning and one in the evening near where I am staying. Additionally, my sleep exponentially improves when I get close to or more than 10,000 steps.

As I was writing this book, I took a two-week vacation to Havana, Cuba. As an American, I was ecstatic considering it had recently been opened up to more openly travel to. The Airbnb I booked was several miles outside the city, but that didn't stop me walking. I decided that I'd walk and see the architecture, which was a relic of another age. It was stunning. By walking, I was able to see the city in a way that one might only read about in a Hemingway novel.

Here are some strategies to help you get more steps in:

- Set reminders
- Track and compete
- Go on more runs
- Take the stairs, avoid public transportation, just walk it
- Get new shoes
- Have friend or spouse hold you accountable

Considering more people are working from a computer, we're collectively walking less. Walking is underrated and one of the best ways you can keep unwanted weight off. The health benefits of walking are far reaching—they provide one with better sleep, a healthier immune system, longer endurance, and it strengthens all of your muscles, helping to prevent injury. No matter where I am, at home or on the road, I prefer to walk everywhere.

Pro tip:

Take the stairs at airports.

EXERCISING IN THE MORNING

I recommend you workout first thing in the morning. For one thing, it will jumpstart your day. When you're short on time or have a jam-packed day ahead of you, working out will give you extra energy. You also won't have to worry about it later on. If you're up early enough, you could beat the heat, traffic and congestion. Working out in the morning sets the tone for your day. It supercharges your brain and body so that you can perform at a

higher level—whether that be walking around museums in Rome, visiting Mauna Koa in Hawaii, relaxing in Argentina or doing an outback excursion in Australia—walking is vital.

EXPERIMENTATION

Experimenting with your health and fitness strategies will allow you to find your optimal diet, nutrition and exercise routines while on the road. Constantly seek new information, try new workouts, and mix up your diet. An experimental mentality will force you to adopt new perspectives, helping you pinpoint your weaknesses and strengths when trying to stay healthy. Cultivating an experimental mindset while on the road is also a lot more fun than doing the same thing over and over again.

Here are some experiments that I've run:

- Eating whatever food I wanted
- Drinking everyday v. taking a month off of alcohol
- Low carb v. high carb
- 24-hour fasts once a week
- Noodle-based diet with fasting
- Intense HIIT workouts and no long cardio
- Walking as my only exercise
- Working out first thing in the morning
- One meal a day
- Heavy lifting five to six days a week
- Not eating animal protein
- Working out twice a day
- Only surfing for fitness

Experiments like these have allowed me to better understand what worked and what didn't. The goal is to find something sustainable for that length of time and situation. Even a late night out can help you stay healthy (if you don't overdo it on the booze and late-night snacks). There are nights where my friends and I might dance for a couple hours at a bar. When I look at my phone to see how many steps I had stepped while dancing, I typically reach more than 10,000.

When traveling, keep an open mind toward activities that might contribute to your overall physical activity. Maybe that means hiking a volcano in Bali, dancing with friends at a nightclub in Kiev, or skating the boardwalk in California, incorporate "fun" activities into your schedule and you'll be more successful.

THE LITTLE THINGS MATTER

There are little things that can be done throughout the day to help give you an edge, and increase your overall fitness. A lot of people think fitness can only be "performed" during a workout session but that is untrue.

Throughout the day, there are countless opportunities for you to choose improve your health.

For instance, try a standing desk or sitting up straight. They require more effort than slouching, effectively burning more calories, improving your spine and posture. Most people wouldn't "count" this as an exercise, but when you build habits like these, you will feel better. Here are a few ways to think about daily activities as sources for fitness:

- Opting for a standing desk instead of sitting all day
- Walking to the coffee shop instead of taking transportation
- Taking the flight of stairs rather than the escalator at the airport
- Skipping breakfast
- Not having that third glass of wine while out with friends

USING TECHNOLOGY

One of the more useful things about leveraging technology for your travel health and fitness regimens that you can do is record, track and analyze almost every aspect of your health. Similar to gathering qualitative data with your journal, you can gather actionable quantitative data too. Use apps and software to log, track and assess your dietary habits and workouts. In doing so, you can better understand where to spend more of your time, and where to spend less of it.

With the help of wearable technology you can capture data pertaining to how things like how many steps you've taken, average time sitting, the number of calories you've consumed that day, types of foods you've eaten, time spent meditating and more. There are opportunities to leverage technology in ways that can make us better, understand our bodies more and make better decisions. The business management consultant, Peter Drucker, famously said, "what's measured improves."

Some people measure almost every aspect of their health and fitness routines, but I take a more natural approach. I measure steps, workouts, days I've worked out, calories and time spent meditating. Other than that, I don't get too deep into measuring hyper-specific things like some bio-hackers I know. Just do what works for you. Though I do recommend some

tracking and data collecting because without a having a any data, it is difficult to figure out how to get better.

Fitness wearables are flooding the fitness tech market right now. With so many options at various price points, there's something for nearly everyone. You don't necessarily have to buy the most popular items to get the benefits of, you can simply use your smartphone if you'd like, but leveraging technology can certainly help you stay more fit when on the road.

COMMUNITIES

I wouldn't have been able to write this book without leveraging software to connect with and learn about the health and fitness routines of other travelers. I'm a member of several traveler fitness groups that help us collectively connect, learn and grow. Technology like software, apps, platforms and wearables have made it incredibly easy to stay on top of your health and fitness routines while on the road.

It's easier than ever to connect and collaborate with others on fitness routines, strategies and tactics. There is an incredible amount of fitness information online too. By connecting with other people, we can gain insights into their experiments, successes, failures and strategies. When arriving in a new city, why not connect with the local digital nomad/travel community online? Pieter Levels has solved this problem by creating NomadList—a social platform to connect travelers and digital nomads, providing insider traveler information regarding almost anything one would need to know when out on the road. As a member, I highly recommend you check it out.

By using community platforms like NomadList, you can connect with others in person. I've learned valuable information from the friends I've made while arriving in a new city. These networks can give you a feeling of connection and inclusion when you don't know anyone. If you are serious about being fit while on the road, connect with a friend to:

- Learn from their experiments
- Go to the gym together
- Do something active outdoors, like hiking, surfing or jogging

Connecting with a friend who can do activities with you will help keep you accountable. Whenever you travel or go somewhere for longer than a few days, it is useful to leverage the power of a community for these reasons:

- Keeps you humble
- It's more fun
- Pushes you
- Boosts creativity
- Gets you trying new things
- Learn tips, tricks and tactics

Don't isolate yourself—it is not a good strategy if you want to be successful or happy. While traveling throughout Vietnam, I had met an Australian named Mike Young. He was 34 years old at the time, and in great shape. He looked like he was 24—so whatever he was doing seemed to be working. I asked what his routines were and started replicating his habits. Having simple conversations like these can completely change your life for the better. I'd love to see growth among real communities of travelers who workout together, and swap ideas, tactics and strategies.

CHAPTER SEVEN TAKEAWAYS

- Don't be afraid to experiment
- Find a fitness community
 - Online and offline
 - Learn from each other
 - Meet up in cities
 - Go to new classes
- Learn about new strategies
 - Fitness programs
 - Books
 - Websites
 - Blogs
- Leverage technology
 - Apps
 - Wearable tech
 - Tracking and analyzing data

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FINAL THOUGHTS

You will be happier if you work out more. You will be happier if watched what you eat. You will be happier if you travel more. You will be happier if you implement some fitness strategies while traveling. When you're feeling well, healthy and fit, traveling will be more fun.

Over time, you'll get become a professional at staying fit no matter what travel plans you have. You will learn that it doesn't matter where you are, or what your circumstances are, you can make your health a top priority and stick with it.

Staying healthy while traveling is entirely on you—no one else can make you do anything. But the more people you meet who are taking care of their bodies, and making health and fitness a priority in their lives, it is more likely that you will stick to your routine and goals.

There isn't one correct way to stay fit while traveling—it's a creative endeavor. Throughout the years, I was intimidated by keeping healthy while on the road until I learned that what worked best through experimentation. If you can cultivate this mindset, you're setting yourself up for success.

When in doubt, flip back through these pages. Find a few workouts and perform them. You will find that you can do so much more than previously thought. Don't worry too much, roll with the punches and go with the flow.

So where do you go from here? Where do you start with your health and fitness routines? It all boils back down to goals. Identify your goals for the next three to six months, then start breaking things down. Do you want to

lose weight? Gain more muscle? Be able to surf for a few hours? Look good naked?

Then it comes down to understanding where in the world you're going to be traveling to so that you can formulate the most effective strategies possible. Asia is going to influence your routines differently than North America.

Then create the routine. Write it down your routine in a word document. Create your routine to make sure you hit your fitness goals (hopefully using some things that you learned in this book). As you become more mindful with your health and fitness on the road, your life will improve. This improvement is intoxicating.

Get out there, experiment and have fun.

THANK YOU FOR READING

Thank you for reading Movement! I hope you enjoyed it.

I would like to thank my friends and family for encouraging me to write this book. I would also like to thank the travelers who were able to directly contribute to the book by sharing their health and fitness strategies. Lastly, I'd like to thank all of the amazing people who I've met while traveling—I am truly grateful to have been given the opportunity to meet you.