

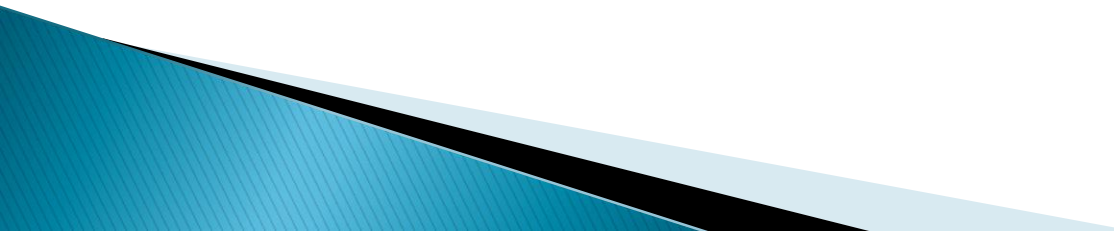
Staying Healthy on the Road



IMEX America
Megan Freedman

What are your questions?

Challenges?



Sleep

- Improves memory
- Spur creativity
- Increase stamina
- Sharpen attention
- Have a healthy weight
- Curb inflammation / lower blood pressure
- Lower stress
- Avoid accidents



Drink Water

- ▶ 8x8 rule: 8 glasses, 8 oz
- ▶ Clear, bright eyes
- ▶ Radiant complexion
- ▶ We mistake thirst for hunger



Snack!



- ▶ Keep steady blood sugar and energy levels
- ▶ Healthy options
- ▶ Avoid binges



Eating out: Healthy choices

The simpler, the better.

- Grilled, broiled or baked meat or fish,
- Broth-based soups
- Salads with oil and vinegar dressings

Say no to:

Au gratin...bisque...battered...cream of...
pan-fried...sauteed...

Concentrate on the conversation,
not the meal



Keep Moving!

(start now)



Stretch

- ▶ Prevent injury
- ▶ Improve posture



Stay Fit

- ▶ Stick to your routine
- ▶ There's an app for that
- ▶ Find a hotel with a gym
- ▶ Get a travel pass
- ▶ Look for a gym in the area
- ▶ Travel with tools
- ▶ Exercise in your room



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Exercise in Your Room



1. Jacks
(warmup)



2. Squats
(legs / glutes)



3. Pushups
(chest/arms/shoulders/core)



4. Pointer
(back / glutes)



5. Russian Twist
(core)



6. Planks
(core)

Thank you!



Megan Freedman

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Don't miss morning Yoga!

7:15-8am

Veronese 2506

Wednesday and Thursday