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fitnessfile

By Andrea Michaud

Yoga for Travel

BUSINESS TRAVEL PUTS A STRAIN ON your mind and body, not to mention your regular fitness routine. But you don't have to leave fitness behind. Use Yoga to build strength, stamina and flexibility in a balanced way. You'll find it also reduces stress, increases energy, improves sleep and enhances your sense of well-being.

Try these simple Yoga stretches when you're travelling.

The Neck Stretch. With hands on your waist, sitting or standing tall, gently lower your chin. After holding 2-3 breaths, return upright then lower your right ear towards your right shoulder. Relax the left side of your neck, hold through 2-3 breaths. Return upright and repeat on the other side. Rotate your neck as far around right as feels comfortable, hold for 2-3 breaths, then return to center and repeat on left side.

The Shoulder Shrug. With hands at your sides, lift shoulders up towards your ears as you inhale, then release back down as you exhale. Repeat 4-6 times.

The Chest Stretch. Standing tall, clasp hands together behind your back. Gently squeeze your shoulder blades towards the center of your back. Each time you exhale raise your arms slowly behind you, as high as feels comfortable, but not so high that your neck or shoulder posture is compromised. Relax your neck, shoulders and chest. Repeat 4-6 times.

The Seated Hip Stretch. Sitting in a chair, cross your right leg on top of your left so your right ankle is just above your left knee. Place your right hand on your right knee, your left hand on your right foot. Gently lean forward over your right lower leg; go as far forward as possible and hold the position through at least four breaths. Relax your back, shoulders and hips. Slowly return upright and repeat on the other side.

Squeezing fitness into your business travels is easier than you think. Yoga is perfect for fitting around busy work schedules. You'll feel better and have more energy to tackle projects and impress clients.