

WORDS YI-HWA HANNA

Have you ever planned to follow a workout routine before a trip, only to struggle to stick to it while on the go? It's ok. We've all been there at some point – and help is at hand

On The Move



High intent, low usage – that was once the common pattern among many hotel guests when it came to staying active while travelling, whether that was done through hitting the streets of a new city for a run, going for a hike, or using the hotel gym.

Taking a break from your exercise regimen from time to time can be a good thing – in a healthy routine, rest and recovery are just as important to the growth process as the training is.

However, when you're on a busy business trip that's packed with meetings, with disrupted working hours and time zones, and far away from all of the aspects that help you stick to your day-to-day motivators, it can be hard to stay committed.

Yet recent figures show that luxury hotel gyms and health clubs are being increasingly utilised through a combination of a growing global awareness and passion for well-being, new and improved facilities, and more inventive ways to stay fit on the road, often helped by breakthrough technologies. Back in 2017, a study by the Cornell University School of Hotel Administration found that 46

per cent of hotel guests did plan on using the gym during their stay – but only 22 per cent wound up doing so. But in 2024, this is changing.

In a post-pandemic world, peoples' approach to personal fitness has evolved. Consumers across the world discovered that by simply adapting their training routines, and incorporating new ideas such as home workouts, virtual training sessions, and more outdoor activity, staying fit can be a lot less intimidating and more accessible than it once was. Combined with wellness being an ever-growing priority in the current day, the standard hotel fitness centre hasn't just bounced back along with the rest of the hotel industry – it's taking on a new lease of life.

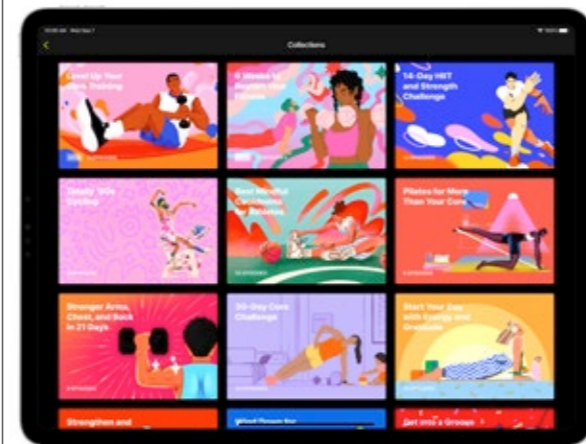
A 2023 report by Hotels.com found that 80 per cent of millennials believe that exercise is a key aspect of their holiday experience, and major hotel brands across the world are teaming up with big fitness apparel and equipment brands to offer a more attractive experience for guests who are looking to stay fit and healthy while jet-setting. Another alternative that has been growing in appeal is the fitness app. It makes

ABOVE: Mobile-friendly fitness apps are a great way to stay fit on-the-go

BELOW: In 2024, the modern business traveller can stay healthy through not only exercise options adaptable for jet-setters, but through mental health boosters too

sense, with affordable, user-friendly options that can be done anywhere from a resort's fitness centre to any urban environment, or even in one's hotel room. It's becoming so popular that the global fitness app market is expected to reach a value of US\$25.9 billion by 2033.

While there are hundreds of such apps to choose from, one brand that has been enjoying significant growth is Apple. With its popular smart watch, a free breathing mindfulness feature on its iPhones, and the largest library of 4K Ultra HD fitness and wellness content in the world through



its Fitness+ offering – which has more than 5,000 workouts and meditations ranging from five to 45 minutes each, and more added every week – the ultra-accessible, integrated approach is proving to be an international hit. We asked two Apple Fitness+ trainers, Brian Cochrane and Nez Dally, for their advice on how to keep fit while traversing the globe.

What are some great ways that people can stay on top of their fitness goals during a business trip?

Brian: Building time into your schedule is an easy way to keep your training a priority. Remember that your workouts don't have to be long to be effective. A daily 10 or 20-minute workout is absolutely enough to keep you ticking over – and we have plenty of those in Fitness+! [This service] can also help you stay consistent with custom plans – you can choose the days, durations, workout types, meditation themes, trainers, and music, and [it] will generate a plan just for you, to keep you motivated and on track.

Nez: Be flexible! It always helps to have a plan, but it's ok to adapt depending on how much time you have and what you have access to.

What about on a leisurely vacation?

Brian: If you want to continue your normal training regime, try hitting the hotel gym – understanding that you may have to adapt based on what equipment is available. If you don't

have a gym available, bodyweight strength or HIIT workouts can do the trick, as well as activities like yoga and kickboxing. We have a huge variety to choose from on Apple Fitness+ that you can do anywhere, anytime – all you need is your iPhone!

Nez: Vacation is a great time to do things you wouldn't normally do and may not usually have the opportunity to do – maybe it's going for a swim or trying a new hike! The Time to Walk and Time to Run episodes on Fitness+ are a great way to stay active while on the go. You can [also] enjoy audioguided walks with inspiring guests, and coached runs with the perfect playlists. One of my favourite ways to explore a new city or place I'm visiting is to go for a run. It's a way to explore, get around and get to know the place while also fitting movement into your day. And you might even find a spot you want to try for dinner!

Aside from the physical aspect, the mindset can be one of the hardest challenges. What are your tips finding the energy to exercise when you're on a busy business trip, or after a long work day?

Brian: Focus on your 'why.' It's really helpful to have – and focus on – a 'why' to help give you purpose. Your 'why' may change over time, and that's ok. Maybe you're training for a specific event, or have a specific goal in mind – or perhaps it's to improve certain health markers. Whatever it is, keep it in mind as your motivation.

MEET THE TRAINERS



◀◀ NEZ DALLY

When Nez discovered Muay Thai, she was instantly hooked on its mix of total-body strength and self-defence. In 2018, looking to inspire her daughters, she became the first woman to compete in Thailand while wearing a hijab. In her workouts, she brings the drive you'd expect from a high-achieving athlete to empower you with every jab, cross, and kick.



◀◀ BRIAN COCHRANE

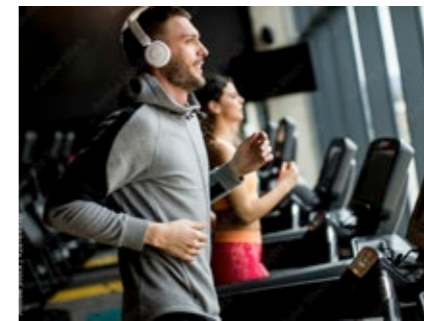
A trainer since he was 18, Brian has a way of dropping coaching tips right when you need them most and matching moves to big beat drops – in drum 'n' bass, hip-hop, and EDM. The Scotland-native is a former singer in an indie band who turns to his guitar to relax. When he's not training or strumming, he seeks adventure by scuba diving – occasionally with sharks.

Nez: Doing something is always better than doing nothing. Movement can come in many different forms, and if you can only fit in 10-20 minutes, that's great. Planning ahead also helps, to keep yourself accountable, motivated and make exercise a priority. I also find it productive to lay out your workout clothes the night before, so you can get up in the morning and be ready to start your day with a small win! **BT**

TRAVEL FITNESS SECRETS: STAYING FLEXIBLE

Whether you're away from home for business or pleasure, staying active when you travel can help keep your energy up and stress down, and muscle tension in check. Exercise can even take the edge off jet lag.

Travel-friendly workouts (like those from Apple) can be adapted based on whatever amenities you have around you. If it's a guest room with no equipment and not much space, squeeze in one or more bodyweight-only strength, HIIT, or core workouts.



When you have a fully stocked hotel gym, go for cycling, treadmill, rowing, or strength workouts with dumbbells. Stretch and de-stress with yoga and mindful cooldowns when you need to get the kinks out after a car or plane trip.

And they don't need to be long, either – when each workout is kept to only 10 or 20 minutes, you can still expect an on-time arrival to your next business meeting, family reunion, or tourist attraction.