

Business-Trip Health Pack

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Travel-day plan, room workout, supermarket swaps, and dinner cheat-sheet

24-Hour Travel Day Plan

Morning

- Hydrate (water beside coffee).
- Protein-forward breakfast (Greek yogurt + berries + nuts OR eggs + veg).
- 10-minute mobility (neck, hips, hamstrings).

Transit / Flight

- Sip water steadily; avoid 'catch up' hydration late at night.
- Simple protein snack if hungry (nuts, Skyr/high-protein yogurt, fruit, sensible protein bar).
- Stand or walk 10–15 minutes every 90 minutes.

Arrival

- 20-minute walk or 15–20 minute room circuit (see workout).
- Light dinner: lean protein + vegetables; sauces on the side.
- Wind-down: light stretch + 3 minutes breathing, no TV, phone off the nightstand.

15–20 Minute Hotel-Room Workout (No Equipment)

How to run it

- Timer on. 40s work / 20s rest.
- Complete 3–4 rounds depending on time/energy.

Circuit (5 moves)

- Bodyweight squats
- Incline push-ups (desk/bed)
- Reverse lunges
- Plank
- Glute bridge

Finish

- 2 minutes of easy stretching.
- 1 minute of box breathing (inhale 4, hold 4, exhale 4, hold 4).

Supermarket Breakfast Swaps

Quick combos

- Greek yogurt + berries + nuts
- Skyr/high-protein yogurt + banana + mixed nuts
- Whole-grain roll + cottage cheese + tomato/cucumber (or hummus + veg sticks)
- Pair coffee with water.

Business-Dinner Choices (No Crash, No Fuss)

Order like you'll win the morning

- Lean protein + vegetables: grilled chicken/turkey, fish/seafood, or lean steak.
- Swap fries for salad/veg; ask for sauces on the side.
- Stop at ~80% full; dessert max once per trip (share if possible).
- Alcohol: none day before/after flights; max one drink at client dinners.

Note: This pack is based on personal experience and general information. Adjust to your needs and consult a professional if required.