Article published on March 27th 2012 | Fitness

Most of the jobs today make you travel to get new contracts, field visits, client meetings, etc. Traveling is the part and parcel of a personâ€™s professional and personal life. In personal life you can control and avoid traveling but at work you cannot deny. Also, it is important to stay fit at work. If your job required you to travel a lot, you cannot afford to fall sick and complaint. Traveling means disturbed routine, improper eating habits, and lack of sleep and rest. Food is the major problem. You tend to eat whatever you get handy. This will lead to weight gain. You can avoid this if you know hot to loose weight while travelling. Controlling your food habits and intake, yoga will help you to keep your weight in control even while traveling.

Here are a few tips that will help you control weight gain:

â€¢ Before leaving from home pack some healthy snacks with you. Fruits should also be included in it. If you have healthy food and fruits handy, you would firstly not need to starve and avoid unhealthy food. If you have been starving since long it is sure that you will stop at any food joint and eat whatever you get. If you traveling by flight and have had these snacks and fruits already, you can stop yourself from consuming high on calories cookies and snacks served in flights. Besides snacks another important thing is water. Drink plenty of water while traveling. Again when you are hungry do not drink water. Eat some of your healthy snacks and then drink water. While traveling in a flight you cannot carry liquid, so get empty bottle and get it filled whenever needed.

â€¢ Do not be seated all the time. Take a stroll and keep walking. If you are traveling by car, stop at short intervals and take a 5 minute walk. It will also stretch your muscles. Even in the flight you can take a walk once or twice.

â€¢ Do not stress your self while traveling. Even before traveling and while traveling stay relaxed. If you get tired you tend to eat much. If you are traveling by a car, do stop at nights and take rest before starting the journey next morning.

â€¢ Besides eating, walking, etc. you need to spare some time for yoga. While sitting in the flight you can meditate and practice some asanas that do not need movement, for example- Pranayam and Kapalbhati which are a part of meditation retreats. While staying at a hotel make it point to get up before time and go for a walk, jog and yoga.

â€¢ Besides snacks you will have your lunch and dinner. While placing an order think whatever you are eating s healthy or not. Choose clean places and do not just eat anywhere. Keep gulping nuts and fruits so that you do not eat much at these hotels. Follow the saying â€˜have breakfast like an elephant, lunch like a lion and dinner like a ratâ€™. This means that do not have a heavy dinner.

Resorting to these measures and yoga retreats, you can loose weight even while traveling.

Article Source:
http://www.articleside.com/fitness-articles/how-to-loose-weight-while-travelling.htm - Article Side

Carmela Turner - About Author:

carmelamturner is a expart of Yoga Retreats. She provide information about a Yoga Teacher Training and Seva

Article Keywords:
yoga, weight loose, meditation

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!