

Hey Everybody, tonight we're traveling. It's CJ. I'm in San Francisco. John, my husband was on vacation and he flew in to here today and we're down here, we're traveling, we're having a little bit of fun. Tonight's live show is going to be talking about just that. How to travel, have a good time, enjoy yourself over the holidays without putting on any additional weight. The question of the day today is this, are you good at it? Are you able to keep your fitness routine up while you are traveling? If you are go ahead and put a yes or a no in the comments down below. I'm kind of checking on my tech right now. I'm going to see if I can get into the comments. I've been having some problems with this and I was having a little problem with it earlier here at the hotel. So, I'm going to check on this and see if your comments are coming through. But if you would, question of the day is yes, I can maintain my workout routine while I'm traveling, no CJ I can't. And if there is something that you do often to keep that workout routine up while traveling I'm going to have you add that in the comment section down below. It was a little bit, a workout routine really was a little bit like getting ready to do this live show. First time I've done it on the road. I needed to make a few phone calls, call ahead, find what the Wi Fi was like, was the upload going to be good enough, the upload speed going to be good enough for the computer. All those things, so there was a little bit of pre-planning that went into doing this show, as well as working my schedule around. And that's what we're going to talk about today is how to pre-plan and do that. You want to make sure that you stick around until the end of the show. I have put together, It's the ultimate holiday survival guide. It's called High-jacking Holiday weekend. Full of tips and tricks and strategies that you can use to get to 2018 in the exact same size. So, we're about to go ahead and get started. I see my countdown timer is to 0:00. Ok, a little bit of tech difficulty already. But that's ok, we're going to make it happen. I think there we go. Ok, hopefully everything else works. Welcome to the replay. Tonight, we're going to talk about how to stay fit and healthy over the holidays. This is the first in a four-part series on Healthy holidays. It's hard to do, I know. Been there, done that. Sometimes I've put on some weight, sometimes I haven't. And I'm going to share with you over the next four weeks, tips and the tricks that you can use to stay healthy over the holidays. My name is CJ Johnson. I am a health and wellness coach and I have a passion for people who are over 40 helping them to look fit feel better and age gracefully. As you can tell I'm one of my own clients and trying to do that myself. John, my husband just came back from a little vacation and we're down in San Francisco, we live up in Lake Tahoe. We're down in San Francisco for a couple of days doing a vacation here. I thought, wow, traveling. Everybody or a lot of people travel during the holidays. Sticking to routine in the holidays can be really difficult. If it's hard for you give me a little thumbs up if you would. Down below, down in the comments section. I'm going to take a look over here and see if comments are starting to come through. Because I haven't had the best in connectivity at this point in time and it looks like it's still not there. By the way, if you have a question, make sure that what you do is you put the word "question" in front of it or put a question mark in front of the question. That way I can tell that it is a question and I would be happy to answer them. It sounds like I don't have my mute on. Ok, anyway, a little bit of tech difficulties with traveling. It's been interesting. So, I understand how it can be difficult to travel and keep up your fitness routine at the same time. So those are some of the key points that I wanted to talk about tonight and give you some ways well in advance of the holidays to stick to your routine which is so important. I don't know about you but the minute I start to slip out of my routine, just a little bit, just a day or two, I feel it's hard to restart is really what it is. It gets very, very difficult for me to restart. Then I get to the first of the year, I'm beating myself up just a little bit so Yeah, it's way better to create your routine and try and stick to your routine during the holidays.

Couple of other things, when we're exercising we get these great feel-good endorphins. I need those during the holidays. The holidays for me can be a somewhat stressful time. People to see, place to go, it's a lot more hectic. So much more busy. I want to stick, trying to stick to my routine is really important because those exercise induced endorphins just plain and simple make me feel better. Now, I don't have blood pressure issues, but if you have blood pressures issues that's another reason to try to stick to your routine. Again, all of those stresses, weigh heavily on our bodies and on our system, so that's why it's so important. And there's really three key points that we're going to talk about tonight. We're going to talk about pre-planning, bringing it along with you and then blending it in to whatever you happen to be doing over the holidays. I've found that if I hit on all three of these points at least just a little bit, I have a much better chance of keeping closer to that routine, staying in my pants size, being a happier person, I don't want to be a Grinch over Christmas, do you want to be the Grinch? No. So again, question of the day, put it down in the comments below. I want to see, Hey Chris, how are you doing? Put it down in the comments below, are you good at sticking at your workout routine over the holidays, while your traveling, give me a yes or a no or a hey sometimes.

Ok, let's get into the very first thing, we're going to get into the very first thing, how to pre-plan it and some of the things that you need to do. The first question with pre-planning comes in where. Where are you staying? Are you staying at a hotel? That's the very first, that's the very first, in my mind, the very first question that you need to answer is if you're staying at a hotel. Here's what I want you to think of is hotel's these days are not what they used to be. And what I mean by that is that the hotel gym is so much, most hotel gyms are so much better than they used to have a treadmill, one or two tiny, tiny pieces of equipment. I just sorry I've got a tech issue going on here, I'm just going to try to keep right on going. The hotel gyms they used to have one treadmill, that was it, that is all that they had. Now what they've got is they've got so much more that you can do. They've got multiple pieces of equipment, areas for you to workout in. Call ahead, find out what your hotel gym has to offer you in terms of traveling. Another thing is if you are going to a city, I used to do a lot of running when I went into the cities, I really enjoyed it, it was something different, I did a lot of trail running. There is a group called City Running Tours. I'm going to connect to it in the show notes down below later on. It was called City Running Tours. They put together tours for you so you can meet other runners and go out around the whole entire city, have a lot of fun and you get to see some of the cities and you still stay healthy. So, City Running Tour is another one. Check in at your hotel desk, there are so many hotels that if you're a runner that have maps they'll give them to you, they'll tell you where to go, there may be a park in that area and anything so that you can strap on that pair of shoes and get out and go. If you already live in a city, perhaps you have a big box membership to a 24-hour fitness or some type of place like that. Where are their locations? If you're staying at a hotel look at what the facilities have already, if they don't have facilities for you to workout in see if you can find something nearby. Now, sometimes we don't stay at hotels, right, we're traveling during the holidays so sometimes we're trying to stay with family. So, that's number two. Are you staying with the family or are you staying with friends? If you're staying with family and friends that can be a different story. So again, it's a pre-planning type of thing. The first question I always ask myself about family and friends, are they active people? Are they people who like to do things? Or, am I going to have to spend some time away from them to do some of those things. They may have, they may belong to a local gym. They could get you a guest pass. There are so many things that you could do while you are staying with other people. That one to me is kind of I guess a no-brainer even if you are with people who really don't work-out you can do different things. You can get up a little bit early, you can go out and go for walks. Understand what are the people like that you

are staying with because when you are a guest you need to be cognizant of their time and respectful of them. But, you can still work around them so know what they are like and what are some of the things that they like to do.

The next one on our list is when are you going to work out. So especially, this is really important when you're traveling for the holidays. If we're traveling, chances are we're not traveling on our own just out to have fun. We're probably going to see family and friends and we're not going to be on their time frames. So, if we're not going to be on their time frames we need to fit in time for a workout. As an example, I came down to San Francisco last to see a really good friend, Shawna. We had a wonderful evening last night. I knew this morning that I was going to have a little bit of extra time before I met my husband so I planned a workout this morning before I came down to meet him. So, I got it into the way, I still was able to spend my friend time with her to really enjoy her company and then to have the rest of the day to do, we're doing touristy stuff, we're doing family stuff. That's the big question is when. My biggest savior for workouts in getting them done is getting up early and getting it in. So, if you have to get up just even 20 minutes early, think about that, 20 minutes early you can get a quick workout in. You're going to be set for the day. All those feel good endorphins are going to start popping up and you're not going to be the Grinch, so it's a good thing. So that 20 extra minutes can be a really good thing.

Then our biggest thing is adjust your mindset. And I talked just a little bit about this 2 minutes ago. It's 20-minute workouts. When you're at home and you're able to work out on your own schedule you may choose to go to the gym for an hour or two, hopefully you don't go for two hours because you don't need to, you really don't need to go there for that long. But you may choose to go to the gym an hour every night. It may seem to you that if you're not working out for that whole hour that it really isn't a workout. Adjust your mindset so that you can adjust your time. I'm going to talk in a little bit about 10-minute workout sessions. If you did three 10-minute workout sessions during a day you just worked out for 30 minutes. Even if you only do one 10-minute workout session during the course of the day, you've gotten 10 minutes worth of working out. Your bodies going to thank you. Again, you get some of those things happening in your body and you're going to feel less stressed during the holidays. So that's the first thing, do a little bit of pre-planning. So, I'm going to take a look. My comments were not flowing before, I did see, Chris left me a comment. "Oh no, she's not very good at pre-planning her workouts". I know that because I've fallen into that trap as well. If you've got some comments, are you good at pre-planning your workouts put a yes or a no down there.

That was our question of the day was our pre-planning the pre-planning the workout. I keep getting the volume on my phone and I'm not really sure why everything is turned down so I'm not just seeing the comments, I keep getting the volume so hopefully I'm not super distracted by that, anyway.

Alright, so number 1 is pre-planning. Let's move on the next session which is Bring It With You. Alright, so bring it along with you. You can do some really simple things to get a workout in and one of those are bands. And I happen to have a couple of bands that I brought here with me. Let's see, I'm going to try to hold this one up so that you can see this one. This is just, hold it in front of my face, right. This is just a simple band, I'm going to hold it way up here I guess. This is just a simple band that I got, it's from Perform Better, I think this cost me about 2 bucks. You can put this, fits around here, fits around your ankles. Great way, especially ski season's coming up for a lot of us. Who likes to ski? Give me a thumbs up, I wanna know who my skiers are. Ski season's coming up. Need to work on the legs, side lunges,

squats, the band adds something extra. It's going to help you get in an even better workout. And like I said, this folds up, you can even throw that in your purse it weighs absolutely nothing. Gonna grab something else. So, if you happen to have, this is another great form of workout. This is a little different style band. This one, as you can see, this one has some handles on it. You can put this, you loop it, you put it into a door frame. You can work out your upper body, your lower body, you can do lunges, you can put the handle at the top of the door frame so it can become really long. There are so many versatile things that you can do with this. And again, we're going to see it wads up into something very small. Bands, take them along with you.

The next thing is the jump rope. How about just bringing, it's a fun thing. Bring a little, throw a jump rope in your suitcase. Doesn't take a whole lot of room. Five minutes jumping rope, that's forever. Your cardio is going to go through the roof. You're going to start activating some of those fat burning genes. We all know that we are going to eat a little bit extra during our holidays. Don't be afraid to, that's one of the strategies. Have a little bit extra but have a way to take it off and then jump rope can really torch some calories. Five minutes of working out with a jump rope and then 5 minutes of working out with the band, 10 minutes total, that's a really great workout, especially during the holidays.

Next thing is your phone. Everybody is bringing their phone along with them. Right, I mean, we are attached to the phone, the phone is attached to our hip or our ear I guess as the case may be. Bring your phone along with you. One of my favorite workout sites is [FitnessBlender.com](https://www.fitnessblender.com). I'm going to put a link to that below. Fitness Blender has over 500, 5 zero, zero, that probably looked weird. Five hundred different videos, they range from 10 minute videos all the way up to hour long videos. They categorize them by what parts of the body that they are working. They also tell you what their difficulty level is and approximately how many calories you're going to burn. Free app, no reason not to bring it along with you. Pick out a ten or fifteen minute workout. If you only have space in a hotel room or in a bedroom you probably have more than enough space to do one of their quick workouts. And a fifteen, again, a fifteen minute workout that goes back to that pre-planning, adjust your mindset, a fifteen minute workout is better than nothing at all. Another website that I love is [Darbee. D A R B E E.com](https://www.darbee.com). There are a bunch of info graphic looking charts to show you all the different exercises that you can do. There are workouts for your hotel room, workouts when you're on the go. Anywhere between maybe 10 and 15 exercises you could take those out, you could do, perhaps if you only had time, do 10 exercises, one set of repetition of 8, those are something that's really, super easy to do. In a hotel you can always do wall squats, lunges, some push-ups, some sit-ups. There is a variety of things you can do to keep yourself working out. If you are only looking at targeting 10, 15, even 20 minutes it's very doable. Do it before you go out and you see the family. So, bring that phone with you.

Another strategy that I've been talking about is that just 10 minutes, just 10 minutes. When I'm working out, when I'm traveling I'm trying to do just 10 minutes three times a day. That can be, I walk in the hotel, now it needs to be safe, up and down the stairs. Get my heart rate level up, get everything going and then do some wall sits. Do some squats, curtsy lunges. I hate them but I love them. I hate them because they work my legs so incredibly hard and they're so good for me. They're so good for my skiing. So, just 10 minutes. Do it 10 minutes before you leave, 10 minutes at lunchtime, 10 minutes at the end of the day. Before you know it you have gone 30 minutes worth of a workout while you're traveling and you didn't take any time away from the things that you were already doing.

And then, finally, let's not forget the relaxation. Traveling can be challenging, right. I mean it can be really tough and you need to relax a little. Now, one of my favorite, I happen to bring this along, hopefully you can see this, hold this up. This is from a company called Trigger Point therapy. So, you can see it's a little roller. Again, this one's pretty small, I have another one that's very large for my legs. But this one's pretty small. I can roll my feet on this. I'm traveling, I'm walking a lot, my feet are very tired. Another thing I like to do is I like to put it behind my back. I probably got the camera out of focus doing this but I have to tell you it feels pretty good, it takes the tension and the knots out. If you don't have something like the Trigger Point therapy ball, tennis ball. And if you forgot them you could stop, so many places have tennis balls. That's something that's very easy to find. So, stop at a store, get some tennis balls. Do something for relaxation while you're gone. Bring it along with you. But get those sore and tight muscles, because chances are they're not just sore and tight from your workout. In fact, they probably aren't sore and tight from your workout because we're not working out as hard when we're traveling as we are when we are at home. But they might be sore and tight from the time that your spending with family and all the stuff that you're trying to get into the day. Make sure that you take a little bit of time for relaxation.

So those are our first two key points. We want to pre-plan it just a little bit and then we can bring it with us. So, if you think those two things might help you a little bit give me a thumbs up in the comments down below. If there is something that you like to bring along during with you while you're traveling, I would love to know that.

Now we got one more point but I also want to make sure. I kind of forgot to do this. At the very end I'm going to give you a link to the Highjacking Holiday weight gain. It's one of the best resources that I have found out there. I put it together and I think it encompasses all the different tactics, skills and strategies, things that we can do stay in the same pant size in the new year. So, that's coming up for you. We're almost there. I'm going to take it out with one more thing. We're pre-planning it, we're bringing it along with you. And the last thing is Blend it In. So, if you're spending time with family and friends. Even if you're not, if you're just traveling, some people like to travel for the holidays, do something new, see some sites, go shopping, whatever. If you can make it a part of what you're doing, your activity, chances you're going to have even more fun with it. You're going to be really active and you're going to get that workout in. Because it's about adjusting a mindset. You don't have to do wall squats and sit-ups, push-ups, those types of things. They help. You want to do those at home. But when you're traveling if you don't get around to those, there are other ways that you can stay fit and you can log in a lot of steps. So, let's touch on a few of those. I like this thought. Number 1 is be a tourist. Be a tourist in your town. It doesn't matter if you're going to a big city or a small town. Do look at it like a tourist would. What am I going to do? What are all the fun things? John and I were sitting here and looking at a map and going "Oh my gosh", there's all these different things that we want to do in San Francisco but we're not going to be able to do all of them in this short period of time. So, what are the things that we are going to do. When I go home, when I go back to Northern Michigan where I'm from, we love going out to the lake. There are several falls, beautiful trails that are well done. That's a great place to go. I'm getting walks in, I'm spending time with friends and family but we're doing something, we're being active. What other touristy types of things might you do, sightseeing, museums. Anything that we're doing, walking and your being physical. It's a great way to spend time with family yet you're not sitting there just eating or laying in front of the TV or playing on the X-box or the computer or anything like that. You're staying busy, you're having fun. There's nothing like being a

tourist in your home town. I live in Tahoe. I love being a tourist and that way when people come to visit me I get to take them to some pretty cool places as well. So be a tourist is the first thing.

The next thing, during the holidays for most of us there's no getting around the fact that we're going to shop. Most of us. Some people shop on line, but if you're a mall person, and it can be tough going to the malls. Right. But if you're a mall person make the most out of your mall time. It's a great way to get a lot of steps at the malls. But instead of using the escalator or the elevator, look for the stairs. Walk as brisk a pace as you can between stores. Go and, as long as it's safe, park away from the store and walk yourself into the store. Additionally, there are fitness stores like LuLu Lemon. You've probably heard of LuLu Lemon, it's a women's clothing company, a women's fitness clothing company. They have free classes, typically free yoga classes. So, stop at a store. Take a yoga class. But, make the most out of getting together and if you're with family and you're out and your shopping blend your workout into your shopping.

Our next one is meetups. (Cough) Sorry, I'm taking a quick drink here. Meetup, I'm going to put the link below. Meetup.com, there's no 's' on it. In most cities as well as all over the place. There are meetups around a variety of activities. In Lake Tahoe, we have a 5000 person hiking club. You could easily find a no fee meetup and be part of that particular group. So, take a look at meetups as a way to stay active and doing something fun with friends and family. How about renting a bicycle? If you're in a place where you don't have a lot of snow, you can rent a bike and take a tour around the city, spend some time with family and friends. (Cough) Excuse me, I really have a little tickle and a little cough going which is tough when you're trying to do live video. I'm going to take one more sip. Ok, we'll try that again. But, renting a bike, doing something fun like that, going out, doing a bike tour and doing walking tours. Those are again things that can be really fun. How about taking a hike, mention walking out to the lake, that's one of my families favorite things. Down here, my friend Linda always talks about her hikes up Mount Tam in San Francisco. Go out and take a hike, get active. One of the games I love and if you know me you know that I love to play Pickleball. And Pickleball is a game that was designed for the family to learn how to play. Even if you do not know how to play Pickleball, you might be able to find a place to play, I'm going to put a link down below, it's the USPA.org , find a place that will teach you and your family how to play Pickleball. The cool thing about this game is that within 15 minutes you can be playing a game together, laughing, giggling, having fun, staying active, it's just a great way to get people together. So, Pickleball is an awesome game. And I don't think I put it on my slide because it looks like I'm at the ends of my slide but one of the other things is spending time with family, if you're an outdoor person, how about, and it's winter where you're at, how about skiing. That's what my family absolutely loves to do together. Going to an ice skating rink. Now I have to tell you I hate ice skating. I'm pretty decent at most sports. I suck absolutely suck at ice skating but it's a great, fun, family thing to do. Sledding, I can't tell you how many times my family has grabbed the sleds, ran outside and played. How about just building a snowman, doing something fun like that. So, if you are in a climate where you're going to have snow over the holidays, take advantage of the snow. Get outside, play, do some fun things. But, blend it in to your workout activity.

So those are kind of really the three things, ah, I did have one more thing on there. I didn't realize I did. How about going out dancing. It's been a long time since I've been out dancing, but if you're in a city, tomorrow night my husband and I are going to a Blues club. I don't know that we're going to be doing a lot of dancing but if you're out in the city you can be out and about and doing a lot of really super fun things.

Our next one, how about don't forget the airports. I'm not sure about SFO because I was there very briefly but how about flying into Vegas, they have a 24 Hour Fitness at the airport. So, can you do a quick workout while you're waiting for planes. If you have a long layover can you just walk around the airport, don't use the people mover, instead of the stairs or just walking. Get some activity in between your waiting for your connections and your actual traveling. So, use the time, blend whatever you're doing, whatever you want to do into whatever you already have to do.

Alright, so those are really our three things. We're going to pre-plan it, we're going to bring it, and we're going to blend it in. So those are the 3 ways that you can take some time and that you can get a holiday workout in quickly.

Now I've been promising you this great guide and I completely forgot to mention that it has a workout in it. It has a workout sample plan inside of it. This is Highjacking Hollywood, why do I keep saying Hollywood? I think it's the HHWG is the way that you get it. You go to AgeWellwithCJ.com/HHWG. So, it's not Highjack Hollywood Weight Gain it's Highjacking Holiday Weight Gain. Freudian slip. But if you go there you're going to get this great free resource. It's an E-book. It's almost 40 pages. I couldn't believe by the time I got to the end of it, how many tools I've used through the years I've used through the years to stay healthy through the holidays. I'm going to check one more time. Oh yes, definitely a little tennis ball. That's is a, that's a big thing. If you have any questions. And I know my comments, I'm just sorry. I'm traveling, I'm still kind of new at the whole gig so sometimes the technology is escaping me. But, if you do have questions, I check the feed later on so if you're seeing on a replay make sure that you put it down in the questions below, write that it's a question and I will respond to it. But, if you would go ahead and you can jump on over to the AgeWellwithCJ.com/HHWG. You're going to get that wonderful resource to help you through the holidays.

Next week, the next three weeks actually we're going to be talking this healthy holiday series. We're going to talk about a couple of things. Thanksgiving is coming up. It's hard to believe it's next week. Next week we're going to focus strictly on eating. The third week we're going to focus again a little bit more on activity. Believe it or not I still have some more tips on about how you can stay healthy while you're at home. And then the last week we're doing the definite guide to wearables. If you're looking at buying a little thing for your wrist, right to track your step. What you want to look for in a wearable, as well as how to pick one, how to get one, but most importantly how to use it. I know that sounds simple but you want to make sure you stay tuned for that. So, we're here Tuesday night 6:00 pm. I'll be back in Tahoe