

Fit to Travel

Holiday transit can leave you with a full-body hangover—unless you approach it with a plan. Here's how to arrive at your final destination feeling 100 instead of worn down.

By Ashley Mateo Photographed by Ben Ritter



Varley jacket,
carbon38.com;
Twenty Montreal
pants, carbon38.com (for similar
styles); **Champion**
sneakers,
champion.com

STYLING: ANN WANG; HAIR: JOHN RUDIANT USING R+CO AT SEE MANAGEMENT; MAKEUP: JENNIFER NAM AT HONEY ARTISTS; MANICURE: SHIRLEY CHENG USING ORLY AT SEE MANAGEMENT

'Tis the season...to finally cash in all those unused PTO days. But forget the headaches that holiday planning and commuting can cause. The real pain might just be the toll a trip takes on your system.

"Travel is a major stressor for the body—it leads to dehydration, slow digestion, bloating, inflammation, and muscle tightness—so it's important to have a plan to counteract these effects," says Jonathan Leary, DC, founder and CEO of Remedy Place, a social wellness club in Los Angeles. A little self-care goes a long way toward alleviating the aches that might otherwise prevent you from exercising while you're away.

Here's a breakdown of what to do before, during, and after your next great escape in order to ensure your body feels on point despite the seasonal strain.

Splits59 sweatshirt and pants, [splits59.com](#); **Tory Sport** sneakers, [torysport.com](#); **Argento Vivo** earrings, [argentovivo.us](#) (worn throughout)

Your Pre-Trip Prep Plan

Just as a proper warm-up should be part of your regular workout routine, the same logic applies when you're cramming yourself into a plane or car seat for hours. "Increase your core temperature as close to your time of departure as possible, because it's going to stay elevated for 24 to 48 hours afterward,"

explains Leary. You'll be less likely to tighten up en route when your blood is flowing more freely through your entire body, he says. He recommends squeezing in 15 minutes of interval training before you take off. "Target the muscles on the back side of your body—that'll help keep you upright and

protect your lower back," he advises. In particular, prep your hips and lower back, since circulation to these spots is poor while seated, says personal trainer Lauren Kanski, CPT. Bonus points for stretching prior to departure: While standing, cross your right leg over your left, feet flat, and fold forward at the waist for 30 to 60 seconds. Switch legs and repeat.





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Reset Your Body With a Resistance Band

"This workout activates the parts of your body that take the brunt of the impact from traveling," says Kanski. It specifically wakes up your posterior chain by igniting your back, glutes, hips, and legs. Once you've reached your final destination, do three rounds of each move.

Staggered-Stance Lateral Walks

Loop band around ankles and stand with left leg slightly back. With toes pointing forward, take five steps to the right. Reverse direction, switching stance and repeating toward left.

High-Plank Clockwork

Start in a high plank with band around wrists. Tap right palm on the floor at a 12 o'clock position, then 3 o'clock, then 6. Return to start and repeat with the left palm. Do five half-circles per side.

Superman Retractions

Lie facedown, arms extended overhead, band around wrists, head neutral. Engage glutes to lift legs off floor. Draw elbows down to sides until arms bend 90 degrees. Reverse motion; repeat 10 times.

Booty Clockwork

Loop band around ankles and stand with feet hip-width apart. Step right foot to a 12 o'clock position, then 3 o'clock, then 6. Return to start. Repeat with opposite foot. Do five half-circles per side.

What to Do When You Arrive

Ahh...what sweet relief it is to step out of that plane/bus/car. As much as you might want to collapse into bed, you should try to walk for 30 minutes to an hour first—whether around your home away from home or in the hallways of your hotel. "It's really just getting your body back to its natural movement patterns," Drogoszewski says. He also advises massaging muscles within an hour of arrival by using a foam roller or Theragun to put pressure on tight spots for 30 to 60 seconds. Focus on your back, shoulders, chest, and the top and outside of your thighs.



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