

How to survive business travel



Life is a journey and for many business people the journey is often from one airport to the next. The good news is, by combining better food choices and exercise options to combat stress that often builds up during a hectic journey, you will have a much more enjoyable and productive trip.

Here are some tips for surviving the business trip:

- There is nothing more stressful than going through security checks at the airport then hoping your flight will leave on time. While waiting for that flight to board, turn off the phone and find a corner of the airport to relax with a book or your iPod.
- Take advantage of the hotel gym. If you usually do 30 minutes of jogging in the morning stick with your routine. Exercise is a great way to boost the feel good endorphins in the brain.
- A glass of wine or beer can be relaxing at the end of the day. Make sure that it's just a nightcap and not three or four. Do you really want to conduct business the next morning with a hangover?
- Keep your stress in check. Before calling it a night, make a priority list/itinerary for the next day's schedule. Writing things down makes challenges less stressful.



Want more?

For further advice or to see a full list of jobs, log onto www.the-sg-group.com.au
T 02 8270 7171



Positively different
Specialists in marketing recruitment



- Pamper yourself. Take an hour out of your day to enjoy a massage. Other healthy options for travellers include yoga or pilates. These stress reducing therapies are calming and help your concentration.
- One of the main obstacles for business travellers is that you are constantly on the run. Try not to grab high-fat or sugary foods and skipping meals will lead to fatigue. When on the go carry water, dried fruit or unsalted nuts with you.
- It's often common for business travellers to eat large meals late at night. Too much too late will make you feel sluggish in the morning. Cut back on those three course extravaganzas at 10pm!
- Whether you are dining with clients or on your own, select salads, high-fibre foods, fish and poultry. Study the menu closely and choose lower-fat options and don't partake in the bread and butter or cheeseboard.
- Don't be caught nodding off during the conference! Get a good night's rest. If you don't have a good night's sleep, then you're not going to feel your best during that important business meeting the next morning. Put away those business reports at least one hour before going to bed.