

Your Business Trip and Your Diet

Business travel can be a productive, enjoyable and even exciting experience. The time you spend doing business in other locations expands your business reach and scope and broadens you as a person as well. Getting skilled at business travel is a solid business goal because there are skills related to business travel and being productive on the road that are impossible to learn if you don't get out there and travel.

Many of the skills associated with business travel have to do with how to live productively on the road. This is especially important if you find yourself on a lengthy business trip. The life of moving in and out of hotels, traveling by car or airplane and the stresses of the work can wear down even the most robust and experienced business traveler.

Maintaining a healthy diet while traveling for business is a serious challenge and one that really can only be accomplished with some serious planning. You will inevitably find yourself eating in a lot of restaurants on the road and that kind of food does not lend itself to a diet that is designed for weight loss or for a diet you must maintain for health reasons.

The first but biggest step forward to achieving diet goals while traveling is to communicate your desires to your traveling companions. In a business setting, there is often a lot of encouragement to eat and drink well. Everybody is on the expense account so it is easy to overdo it. But if you let your coworkers and clients know you have compelling reasons to maintain a disciplined diet, most of the time they will respect that and find ways to help you be successful.

Another trick of business travel is not to depend on restaurants for your meals entirely. If you can get out to a market early in the trip and purchase some fresh fruit and vegetables, you can prepare some healthy food in your room to fill you up and keep you on track. Then if you find that you must eat in a restaurant to discuss business with coworkers or build relationships with the client, your appetite will be low so you can get by on much less.

You can also be a voice for moderation in the selection of eating establishments for your meals. Obviously, fast food is not going to be a good choice for you. So if there is discussion about where to stop, you can vote for a place that serves a good variety of meal choices including some healthy choice menu options. In that way if you must eat in a restaurant, you can find items to order that can be prepared in accord with your diet needs.

You will be surprised how many allies you will find both in your travel

associates and with those you are doing business with at your destination who have diet goals but have not been successful because of the temptations of the life on the road. Your open statement of intent to stick to your diet in spite of the rigors of business travel can be a tremendous inspiration to them. Moreover, by building partnerships in your intent to live healthy, it is entirely possible to take your business to a healthy restaurant or deli and allow the rest of the party to go to a place of their liking. As long as this is done without animosity, everybody wins.

Avoiding alcohol and snacks can be a huge challenge on the road as well. Very often in a seminar setting or during a long day of discussions, the host company or office will provide cookies or other snacks to help the meeting go well by keeping everybody's blood sugar up. These snacks are going to be hard to resist. One way to help yourself in that situation is to be prepared with your own snacks in your brief case to bring out to substitute for the unhealthy food being provided.

By thinking ahead about your diet needs and how you will provide for yourself while traveling, it is possible to sustain a healthy lifestyle even during business trips. By supplementing these steps with exercise and rest, you may find that you weather the trip much better than those who abuse their bodies and find yourself more productive as a business person as well because you made the effort to eat well on the road.