

# Your Weight and Fate

## How To Make Every Calorie Count

(NAPSA)—Low-carb, high-fiber, nonfat...it sometimes seems like everyone in America has an answer for staying in shape. Regardless of your diet preferences, one way to stay fit that's agreed on by health and fitness experts is burning calories.

Exercise is considered the best way to keep your mind and body from missing a beat, but finding time to exercise can sometimes be a bit of a mystery. Busy lifestyles make it difficult to develop and maintain a regular fitness program, and even successful programs can be jeopardized by travel or other changes from daily routines.

Fortunately, as wellness continues to be a prevalent issue in America, the travel industry in particular is stepping up to help its guests stay in shape on the road.

New hotel services make it easy for guests to maintain a fitness routine while away from home. For example, Hilton Hotels & Resorts has teamed up with Bally Total Fitness to introduce a personal training program that gives guests access to more than 5,000 trainers across the country. For more information, check out the personal trainer pages at [www.hilton.com](http://www.hilton.com). With a recent American College of Sports Medicine study showing that exercising



**Travel need not be broadening. There are several ways you can exercise your right to fight fat and feel fit when on the road.**

with a trainer can improve strength up to 45 percent and help achieve fitness goals up to 30 percent faster, this program may be setting the bar for fitness programs throughout the hospitality industry.

Hotel programs are one way to stay in shape while on the road, but there are more ways to burn those unwanted calories. Follow these fun tips to make the most of every travel activity:

- The old adage has it: "There are only two types of luggage—carry-on and lost." Now there are even more reasons not to check

your bags before your flight: Lugging your suitcase around the airport for 20 minutes before your flight burns around 160 calories, and lifting it up to store it in the overhead bin takes care of another six calories.

- Keep drinking water to stave off dehydration while you're in the air, and when it finally works its way through your system, use the restroom at the far end of the plane. An average Boeing 747 is about 231 feet long and those extra paces could take care of a good 50 or 60 calories throughout a cross-country flight.

- A small adjustment in your posture could mean a big adjustment in how much energy your body uses while sitting. Try to sit up a little straighter and you could burn more than 100 calories for every half hour you're stuck on an airplane, waiting in line or sitting in a meeting.

- Even getting a good night's sleep can contribute to your fitness regime. Not only will you have more energy for your workout the next morning, but your body is burning between 400 and 500 calories while you're catching z's.

Keep these tips in mind the next time you travel and you'll see how easy it can be to keep your body in better shape when you are on the road.