

# Finding Balance On The Road

(NAPSA)—It takes effort to maintain one's balance in today's world, especially when one is traveling. A recent survey, conducted by Fairfield Inn & Suites, polled business travelers and revealed some intriguing insights about life on the road.

In light of those findings and to help travelers stay productive and not skip a beat, Fairfield Inn & Suites offers these five tips to anyone who has a lot to juggle while away from home:

• **Know It's Not a One-Person Job:** There's a lot of pressure to do it all, but it's important to realize that you can't do everything yourself, whether on the road or at home. According to the survey, 87 percent of respondents feel it is important to surround yourself with people who help you maintain balance.

• **Stay Connected:** Make time for family and friends even while on the road. It can be easy with today's technology. A few minutes of video chatting can make a difference—75 percent say that communicating with loved ones while traveling helps keep them balanced.

• **Enjoy Your Freedom on the Road:** While sticking to a daily routine while far from home may work for some individuals, more Americans (64 percent) say living outside of their normal routine and embracing their freedom on the road is what helps them stay balanced.

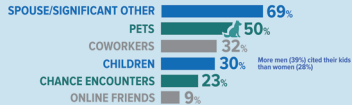
• **Find Tech-Life Balance:** Technology is necessary in today's world and definitely helps people organize and maintain busy schedules; however, you don't have to let it get in the way of

## FINDING BALANCE ON THE ROAD

### Who keeps us balanced?

Find balance by surrounding yourself with other amazing people.

**87%** SAY THE PEOPLE THEY'RE AROUND MAKE AN IMPACT ON THEIR BALANCE



If you're on the road, your balance can get rocky.

65% say maintaining balance while traveling is a challenge.



Right your course while on the road.



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time with friends and family or for yourself. Indulge in some tech-free time; know when to put away your phone and refrain from checking e-mails and social media.

• **Keep a Healthy Diet:** Eating well on the road is often challenging, with nearly 60 percent of people saying they eat less healthfully when they travel. Starting the day with a good breakfast, not skipping meals, and staying hydrated will help you maintain momentum.

### Learn More

For further facts on finding your balance and to help you find a place to stay, visit [fairfieldinn.com](http://fairfieldinn.com).