Stay Fit at High Altitude

- Be sure to watch for signs of altitude sickness.
- Breathing and your heart rate may become faster.
- You may notice waking up more at night.
- The air is dry so your skin and nose may become dryer.
- Start slow and take breaks to see how your body is responding.
- Remember if traveling with others everyone adjusts at different rates.

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**Hydrate, Hydrate, Hydrate**

Drinking enough water is the number one way to combat altitude sickness. Normal water intake should be half your body weight in ounces. At high altitude you need even more.

- Keep a water bottle handy and refill often.
- Drink at least 20 ounces worth first thing in the morning to get you started.
- If you continue to experience symptoms of altitude sickness consider adding in some liquids with electrolytes.

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**Fresh Air**

Opt for fresh air instead of caffeine if you start feeling sluggish.

- Grab those walking shoes, sunglasses, and lip balm and get outdoors. It's not every day you get to experience the clean mountain air!
- Track your steps for a good cause by contributing to APTA's Step Challenge! Text APTASTEP to 27126 for a link to download the MoveSpring app and connect your fitness device. Confirm organization code APTASTEP. Choose APTA 2020. If CSM attendees generate 45 million steps, APTA will donate $10,000 to help LuBird's Light Foundation build a wheelchair swing in a Denver park.

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**Hotel Amenities**

Don't let a small workout room discourage you.

- Many hotel gyms have some cardio equipment and weights. Swimming might be an option, too.
- Do you have a laptop or phone to stream workout apps? Most hotels have free Wi-Fi allowing you to use your favorite fitness apps on your devices.
- What gyms are nearby? Some nation-wide gyms have reciprocal memberships or day passes. Look up gyms on your GPS or ask the front desk staff.
- What's your schedule going to look like each day? Mini workout sessions for 10-15 min are easy to squeeze in but if you are looking for a longer workout then plan ahead or set an alarm to do it first thing in the morning.
- Find a travel buddy to plan a time to meet up for a workout together. You all will benefit!
- Add a 3 minute cardio break to get your blood circulating.
Hotel Room Workout

Set aside 10-15 minutes for your own circuit workout. Traveling can make us feel sluggish so a little exercise boost may be just what your body needs.

**Circuit workout - 10 hotel room exercises:**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Description</th>
<th>Time</th>
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<tbody>
<tr>
<td><strong>Downward dog yoga pose:</strong></td>
<td>(Builds upper body strength &amp; increases flexibility.) In this pose, the body forms an inverted 'V' with the feet and hands pressing into the ground while the hips push to the sky. <strong>Time:</strong> Hold pose for 30sec to 1min. Can alternate bending knees or lift heels if arms get tired. Keep neck in line with spine. Repeat 2-3 sets. (1-3min)</td>
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<td><strong>Plank:</strong></td>
<td>(Works abdominal muscles and stabilizes back muscles.) Kneeling down on floor, press up and hold raised position keeping abdominal and back muscles tight and back flat. Can push up on palms or rest on forearms. Can repeat with a side plank. <strong>Time:</strong> Hold for 1 min. Repeat 2-3 sets. (1-3min)</td>
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<td><strong>Cobra stretch:</strong></td>
<td>(Stretches back and core muscles.) Lay stomach down on floor, push palms into the floor, and slightly arch back. Use tricep muscles to help with back extension. <strong>Time:</strong> Hold back extension for 15 sec. remembering to breath. Repeat 2-3 sets. (1min)</td>
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<td><strong>Push-ups:</strong></td>
<td>(Works triceps, pectorals, shoulders.) Use floor, wall, or modify on knees. For additional challenge try a walking push up. <strong>Time:</strong> Perform 10-15 reps, rest, and repeat 3 sets. (1min) When resting in between sets you can rest in downward dog position or child's pose to stretch back muscles.</td>
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<td><strong>Tricep dips:</strong></td>
<td>(Works triceps and back of arms.) Using a stable chair walk feet out from chair, only bending arms to move, letting hips sink down past the chair. Knees are bent and feet flat. <strong>Time:</strong> Perform 10-15 reps, 2-3 sets</td>
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<td><strong>Supine bicycle legs:</strong></td>
<td>(Works abdominal muscles.) Laying down on back (using mat or towel) lift legs bending one knee at a time, alternating legs as you cycle, keeping core muscles tight and belly pressed into the floor. For additional challenge slightly lift head from floor lacing arm behind head. <strong>Time:</strong> Count up to 20 with each leg extension. Rest and repeat 2-3 sets.</td>
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<td><strong>Leg lifts and circles:</strong></td>
<td>(Works glutes and abdominal muscles.) Laying on back elevate one leg at a time and keep other leg bent or straight. Keep feet pointed or flexed and leg straight. Draw a circle in the air. <strong>Time:</strong> Circle right 10 reps then left 10 reps. Switch legs. Repeat 2-3 sets each leg.</td>
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<td><strong>Bodyweight squats:</strong></td>
<td>(Works quadriceps, glutes, hamstrings, and calf muscles.) From standing position, sink down with torso, chest tall keeping feet flat. Then rise back to standing position. For additional challenge add jump. <strong>Time:</strong> Perform 10-15 reps, 2-3 sets</td>
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<tr>
<td><strong>Bodyweight lunges:</strong></td>
<td>(Works quadriceps, glutes, hamstrings, and calves.) Alternate legs for lunges. Step forward with left leg and slowly lower body until front knee is bent at least 90 degrees, while back knee is just off the floor. Keep torso upright the entire time. Can also perform with a side lunge to work hips and outer thighs. <strong>Time:</strong> Perform 10-15 reps, 2-3 sets. For a walking lunge go the length of the room and back.</td>
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<td><strong>Burpees:</strong></td>
<td>(Power move, works total body.) Four counts. Begin in a standing position move into a squat position with hands on the ground, kick feet back into a plank position, while keeping arms extended, immediately return feet to squat position. Stand or jump back to standing position. <strong>Time:</strong> perform 10 reps and rest. Repeat 2-3 more sets if not dizzy or feeling effects of altitude. Slow down to reduce effect of dizziness.</td>
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