



## STAY HEALTHY & FIT WITH FAIRMONT

Get your blood pumping and stay in shape during your travels with our **Top Five In-Room Workout Exercises**, as recommended by Rod MacDonald, Reebok partner and vice president of the Canadian fitness organization, canfitpro.

### TOP FIVE IN-ROOM WORKOUT EXERCISES

Complete 10-20 repetitions and 3-5 sets of each exercise, depending on your fitness level.



#### 1. SQUATS

Squats are a fantastic lower body workout, primarily for strengthening muscles in your thighs, hips and buttocks. If your knees bother you, try keeping your back against a wall as you slide down between 45 and 90 degrees.



#### 2. LUNGES

Improve stability while toning your legs and lower body with lunges. Remember to keep your knees in line with your toes as you alternate legs. For an aerobic alternative, try jumping lunges, switching your feet in the air.



#### 3. PUSH-UPS

For lower intensity, place hands on the bed or against a wall. To turn up the intensity, put your feet on the bed and hands on the floor. And, remember, you may be able to access a yoga mat through our Fairmont Fit program.



#### 4. PLANKS

Hold yourself in the push-up position and keep your body aligned from head to ankles during this core-activating move. For lower intensity, drop your knees, and for higher intensity, try balancing on the bed.



#### 5. BRIDGE

Another great core exercise, bridge compliments plank by working the opposite side of your body. Lie on your back with knees bent and feet flat on the floor, then lift your hips up while squeezing your backside.

“Throw a resistance band or jump rope into your luggage,” suggests Macdonald. “They’re lightweight, take up virtually no space and vastly increase the intensity and number of exercises you can do.”

### FORGOT YOUR WORKOUT GEAR?

Fairmont President’s Club members enjoy access to Fairmont Fit workout gear and apparel, including footwear, a yoga mat with stretch band and more, all of which can be delivered directly to your room upon request.

Learn more at [fairmont.com/fpc/fairmont-fit](https://www.fairmont.com/fpc/fairmont-fit)

Before beginning any new fitness routine, especially if you are not used to regular exercise, or have a pre-existing health condition, it is important to consult with your primary care physician.