

► **Nutrition**

Follow these healthy tips to refuel while on the road.

- Eat plenty of protein to stabilize blood sugar and stay energized.
- Keep pre-workout fat and fiber intake low - they both slow digestion, and you want to get nutrients in your blood quickly.
- After you workout your body needs nutrients. The sooner you refuel the quicker you recover and grow.
- Choose healthy snack options such as fruits, nuts and yogurt.
- Avoid junk food like soda, sugary snacks and deep-fried foods, which drain your energy and deflate your mood.
- Enjoy complex carbs such as brown rice and quinoa for optimal energy.
- Drink lots of water to stay hydrated and avoid jet lag.

Check out Wingate's complimentary hot breakfast available every morning in our lobby.

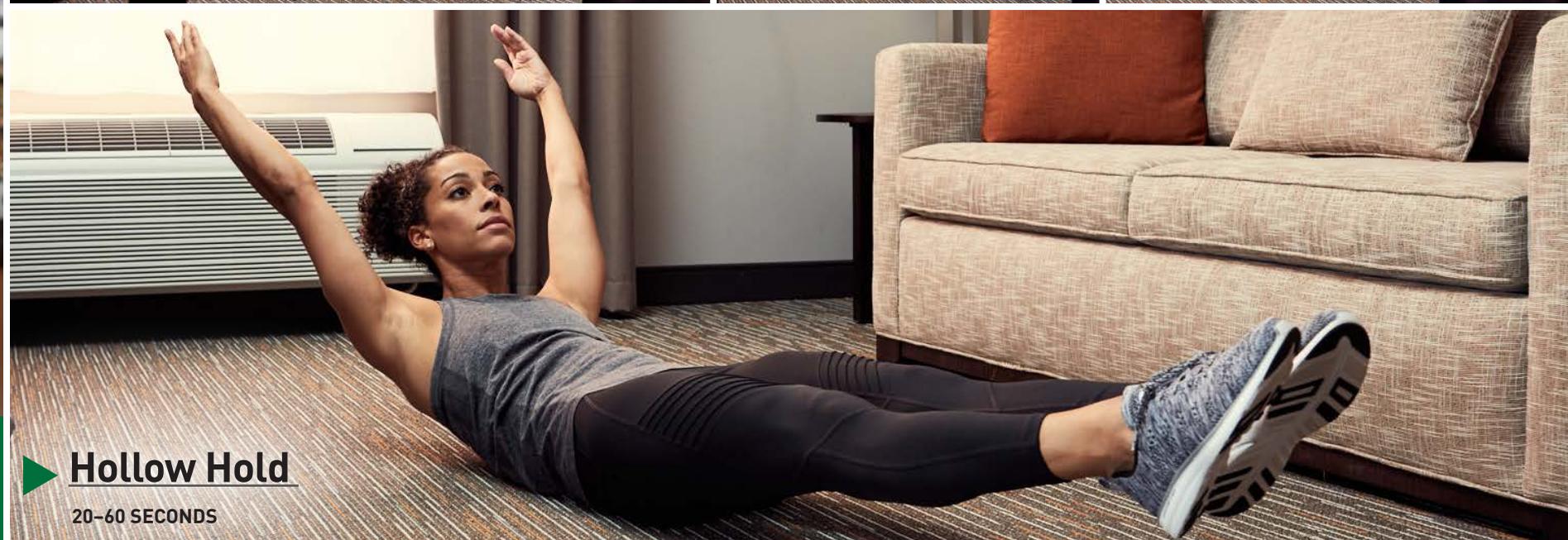


Visit mensfitness.com/wingate for additional workout tips

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► **Alternating Reverse Lunge to Warrior**

20 REPETITIONS



► **Hollow Hold**

20-60 SECONDS

WORKOUT@WINGATE

◦ CHECK IN, WORK OUT.

Wingate by Wyndham has teamed up with **MEN'S FITNESS** and **HERS** to help you stay both productive and fit while traveling. Stick to your routine when on the road by following our helpful workout guide to keep you feeling good during your entire stay.



Power through your workout with these simple exercises that can be done in the comfort of our guest rooms.



1



2

▼ Squat

10-15 REPETITIONS
+20-30 seconds static in squat position after repetitions are finished.



1



2



3

▼ Push-up to Side Plank

10-15 REPETITIONS



1

2

▼ Towel Pull Apart (Abduction) + Row

15-20 REPETITIONS

Exercises should be performed as circuits (one right after the other) with minimal rest between exercises, and 90 seconds between circuits, for 2-4 circuits.



1



2



3

▼ Bird Dog

20 REPETITIONS