

Business Travel Like a Boss

Tips from Payal Kadakia

Founder and Chairman, ClassPass



Payal is the Founder and Executive Chairman of ClassPass. Payal founded ClassPass in 2013, inspired by wanting to create a more active world, combined with her mission of making workouts more engaging, accessible and affordable. She spends over two months a year on the road.

- 1. Make Yourself at Home:** While it can be tough, try to maintain a sense of normalcy on the road by thinking of your hotel as an extension of your home. If you travel to a city often, stay at the same hotel so that you can maintain that sense of familiarity. Over time, that loyalty will have huge benefits, too.
- 2. Do Your Research:** Make sure you stay at a hotel with an onsite, 24-hour gym, especially if you know your time will be strapped. Once you check in, ask if there are other wellness amenities available, like a complimentary yoga mat for your room or maps of suggested running paths near the property. This way you'll have multiple options for getting in a workout regardless of schedule.
- 3. Have a Schedule and Stick to It:** If working out is important to you, continue to make it a priority when traveling by scheduling it into your trip just as you schedule time for meetings and meals. Even if it's just 30 minutes, something is always better than nothing.
- 4. Workout Like a Local:** Visiting a new, local studio that offers a workout you can't get at home can be a great motivating factor to actually get to the studio. Think of it as a chance to explore a little bit more of the city, too.
- 5. Look Your Best to Feel Your Best:** While 65% of business travelers regularly pack workout clothes and never use them, challenge yourself to be the other 35%! Bring your workout gear on every trip, because you never know when you might have unexpected free time to go for a jog or a quick walk. My added secret? I bring my nicest workout clothes when I'm traveling – you're more likely to workout in something you are excited to wear!
- 6. Speak Up:** If you want to travel a day prior to meetings, you need to ask. You don't know until you've asked and if your company says no, they say no. Make the ask about your work and emphasize how arriving early will help you do well in your job.
- 7. Master the In-Room Workout:** Keep your moves simple – squats, lunges and planks will do the trick. And, it's all about creating the right environment. Grab a towel, put good music on, and watch something motivating on TV. ClassPass Live offers 30-minute live and on-demand HIIT classes so you can stream your favorite classes from wherever you are!