



Secrets to Better Business Travel

A JOB THAT REQUIRES BEING
ON THE ROAD CONSTANTLY
IS AS THRILLING AS IT IS
EXHAUSTING. HERE'S HOW
TO THRIVE WHEN YOU LIVE
YOUR LIFE ON THE GO

BY JIHAN THOMPSON

MONEY &
POWER

DON'T LET TRAVEL MAKE YOU PILE ON POUNDS

Soggy salads can get boring fast. We asked registered dietitian nutritionist Jessica Jones—cofounder of Food Heaven Made Easy, an online resource for healthy living—how to avoid temptation when you're on the move



Take breakfast. "I usually bring breakfast with me. It may sound weird, but I like to bring nonperishable foods that are easy to pack so that I know I'm getting one nourishing meal for the day that is similar to what I eat at home. My favorite is a baggie of oatmeal with mixed nuts."



Hit the supermarket. "If you didn't have time to do any pretrip meal planning, the grocery store should be your first stop. Whenever I travel with my business partner, we always research the nearest Trader Joe's and stop there on the way to the hotel or Airbnb. They have relatively healthy prepacked options."



Limit indulgences. Client dinners on business junkets, with rich, heavy meals and lots of drinks, can be a calorie disaster. You can still have fun—just control your portions. "I don't want people to feel deprived. Instead of everyone ordering an individual side, split things like fries, mac and cheese and dessert. Studies show even if you have a smaller portion, you're still going to get the same amount of satisfaction, if not more, out of it than if you have a huge portion all to yourself."

Look Amazing After a Long Flight

Model **Damaris Lewis** shares her must-pack cosmetics:

1. Lauren Napier facial cleansing wipes
2. Orgaid organic sheet masks
3. Skyn Iceland undereye gels
4. Naturopathica Lavender Honey Balancing Mist
5. Maya Chia face oil



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IN-FLIGHT



CREATE A FIRST-CLASS EXPERIENCE IN COACH.

"When I worked in advertising, I flew to Scotland in business class and they gave me slippers to change into and a little bag of products," says private chef and caterer Vanessa Cantave, 40. "Everything was so nice. Now when I travel, I immediately take off my shoes and slide slippers on. I have a neck pillow too. I try to be as comfortable as possible. I also drink a lot of water—flying dehydrates me—because if I'm not hydrated inside and out, I feel and look horrible."



SKIP AIRPLANE GRUB IF YOU CAN.

"I tend not to eat a lot on planes," says Sow. "I think the altitude makes you hungrier than you actually are. I'll pack some snacks, like almonds or cashews, but I find when I eat plane food, it makes me more sluggish and tired."

ON THE GROUND



DON'T SLEEP ON HOTEL PERKS.

"I was in Phoenix for two weeks last year, and during that time I used the laundry facility at the hotel, which was wonderful and much less expensive than people might think," says Willis. "I take advantage of anything to make my work life easier."



ADJUST WORK EXPECTATIONS.

One of the main issues with traveling for the job is that while you're toiling away at one thing, tasks from back home continue to pile up, which could mean you're left to answer e-mails all night. Destiney Green, 31, founder of the business network Majoring in Motherhood and blogger at Mom Crush Monday, starts her day early to get ahead of the backlog with correspondence. "I try to wake up an hour to an hour and a half earlier than I would at home, so I can send e-mails out. That way I can get some work done before I get to business, then I hand anything else off to my business manager so I can enjoy my time in that city."



SEND VOICE MESSAGES.

One of the hardest parts of life on the road is being away from loved ones. And while video calls have made it easier to stay connected, Thomas recommends sending voice messages (not voice mails) when you can't connect face-to-face. Consider using WhatsApp for this. "I love doing audio messages and not just texts," she says. "It's better because it comes through as a text that they're more likely to listen to than a traditional voice mail. It's an effective way to get a little love tag going. I send you one, then you send one."



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