



Travel like an **OLYMPIC**

Take a vacation
from excuses and
make fitness your
next destination

BY MATT ALDERTON



PIAN



In an unprecedented move, the COVID-19 pandemic has caused the International Olympic Committee to delay the summer games until next year.

Barring any future complications or delays, more than 11,000 elite athletes from more than 200 nations will assemble in Tokyo and some of them will travel more than 10,000 miles just to compete. Fortunately, they're used to it. Between tournaments, speaking engagements, business meetings and media appearances, Olympians must be as adept at crossing time zones as they are at crossing finish lines. It isn't easy. When your body is your job, however, there's no such thing as vacation.

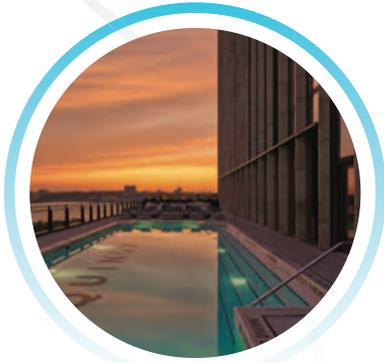
"Staying fit while traveling is one of the most challenging obstacles I face," says freestyle skier David Wise, who won gold medals in the men's freestyle halfpipe at the Sochi Winter Olympics in 2014 and the Pyeongchang Winter Olympics in 2018. "Traveling messes up your routine and disrupts your sleep patterns, and the added fatigue makes it nearly impossible to find the motivation to work out."

Yes, it can be a challenge, but if Olympians can train in transit, so can you. "It all comes down to motivation," Wise says. "Staying healthy and fit while traveling is difficult, but not impossible; you just have to convince yourself that your health is worth the extra effort." It also helps if you're staying somewhere that puts fitness at your fingertips. Whether you're an elite athlete or a recovering couch potato, heeding this advice and resting your head at these hotels will help you keep fitness on your travel itinerary:



“ I typically pack protein bars, peanut butter and trail mix because I eat those at home and they typically hit all the boxes I need to check during the day: protein, carbs, sugars.”

STEELE JOHNSON,
silver medalist, diving



EQUINOX HOTEL

Hudson Yards, N.Y.

At the first-ever Equinox Hotel in Manhattan's chic new Hudson Yards neighborhood, guests receive full access to a 60,000-square-foot Equinox Club, which encompasses personal training, an indoor saltwater lap pool and group fitness classes, including exclusive morning workouts that take place on the Vessel — Hudson Yards' iconic 150-foot-tall climbing sculpture — before it opens to the public. There's also an on-site SoulCycle studio, and both the High Line and Hudson River Greenway are nearby for outdoor running or walking.



ARIA RESORT & CASINO

Las Vegas

"What happens in Vegas," the ad slogan promises, "stays in Vegas." Except calories. Those go with you — unless you burn them off, which is easy at ARIA Resort & Casino. The 6,000-square-foot fitness center features treadmills and strength machines, not to mention a rock climbing wall, personal training and group fitness classes. And for total wellness, book one of the resort's new Stay Well rooms, which feature circadian-rhythm lighting, aromatherapy and access to online programs created by the Cleveland Clinic to assist with sleep, stress and nutrition.



HOTEL X

Toronto

Most hotel fitness centers are trivial. Hotel X Toronto's is titanic. Called 10XTO, the 90,000-square-foot facility is actually a members-only athletic club, and hotel guests receive full access. Overlooking downtown Toronto through floor-to-ceiling windows, it includes 50 Technogym machines, nine squash courts, four indoor tennis courts and studios offering Pilates, spinning, hot yoga and more. Soon, there also will be a junior Olympic-size saltwater pool. Matt Black, the hotel's director of marketing, calls it "fitness heaven" for "everyone from shy beginners to committed fitness buffs."



THE WESTIN HAPUNA BEACH RESORT

Kohala Coast, Hawaii

Westin is known for wellness. The idyllic Westin Hapuna Beach Resort is no exception. Located on Hawaii's Big Island — where abundant exercise awaits in the form of hiking, surfing and mountain biking — it features a gear lending program for athletic shoes and apparel; a run concierge who recommends curated jogging routes and leads group runs; and in-room Peloton bikes so guests can join live studio cycling classes. The fitness studio features top-of-the-line TRX cardio and strength equipment as well as a Crossfit workout area.



Travel in 'Class'

Group fitness classes combine socializing with sweating. To get your fix when you're in a new city, join ClassPass ([classpass.com](https://www.classpass.com)). Using the app or website, you can book fitness classes and experiences at 30,000 locations in about 30 countries. Plans are month-to-month and can be adjusted at any time. Members purchase credits, which can be used to book everything from boxing, cycling and yoga classes to pool time, post-workout massages and hydrotherapy.

A Walk in the Park

No fitness center? No problem. In pursuit of better public health outcomes, many U.S. cities are upgrading public parks with outdoor fitness equipment that's free to residents and visitors.

"Parks are a great place to find physical activity because they're built into the environment," says Sadiya Muqueeth, director of community health at the Trust for Public Land, which partners with communities to install "fitness zones" in public parks. "Plus, parks are a fantastic way to explore the city and get to know the local community."

According to Muqueeth, you can typically find fitness-oriented parks by searching parks department and convention and visitors bureau websites.



“ Bring your swimsuit. Most hotels have a pool or sauna (and) swimming is a great way to have a relaxing but solid workout.”

DEEDEE TROTTER,
bronze and two-time gold medalist,
track and field

GETTY IMAGES; PROVIDED BY DEEDEE TROTTER



FOUR SEASONS HOTEL SILICON VALLEY

East Palo Alto, Calif.

Everything in Silicon Valley is high-tech, including workouts at Four Seasons Hotel Silicon Valley, which recently unveiled new guest rooms with in-room Tonal gyms — wall-mounted systems that use artificial intelligence (AI) to automatically adjust resistance based on your body’s movements. The hotel also offers a freshly renovated fitness center with new equipment; an outdoor “Fitness Cabana” with a Peloton bike, row and elliptical machines and free weights overlooking the hotel’s rooftop pool; and bicycles so guests can explore any of Palo Alto’s many trails.



THE HOTEL AT MIDTOWN

Chicago

For nearly 50 years, Midtown Athletic Club was one of the world’s largest indoor tennis properties. Then, in 2017, it added a boutique hotel within the athletic club, commencing a second chapter as Chicago’s first urban sports resort. The new six-story building features indoor and outdoor swimming pools, a yoga studio, a 60-bike spinning studio, a group exercise theater, a 10,000-square-foot cardio fitness floor, a basketball court, indoor and outdoor turf fields and 16 indoor tennis courts, not to mention dozens of instructor-led fitness classes every day — more than 220 every week.



THE BEVERLY HILTON

Beverly Hills, Calif.

Along with a newly renovated fitness center, The Beverly Hilton employs a diet-conscious culinary team and offers Upgrade Labs, which hotel manager Michael Robertson calls a “biohacker’s dreamland.” Curated by Dave Asprey, author of *The Bulletproof Diet*, the 6,000-square-foot facility includes an arsenal of strength and recovery technologies, including an infrared sauna, cryotherapy booth and IV lounge. A “Cheat Machine” claims to give you a week’s worth of weightlifting in less than 15 minutes, and an AI-powered bike promises the benefits of a 40-minute jog with just 40 seconds of effort.



HILTON AUSTIN

Austin, Texas

Hilton’s Five Feet to Fitness in-room concept facilitates full-body workouts steps from a guest’s bed. Specialized rooms feature 11 different fitness equipment and accessory options, including an indoor bike, TRX suspension straps and a Gym Rax functional training station with a digital kiosk that provides more than 200 guided exercise tutorials and 25 fitness classes. Currently, more than 20 Hilton hotels offer Five Feet to Fitness rooms — including Hilton Austin, which also features a heated rooftop saline pool and a recently renovated fitness center with cardio and weight equipment.