



WHY RUNNING IS GOOD FOR BUSINESS (TRAVEL)

DECEMBER 2022

FOR EXTERNAL USE



WHY RUNNING IS GOOD FOR BUSINESS (TRAVEL)



Promotes team building: movement brings people closer together and sparks creativity (works great with clients too).



Breaks the airport → hotel → office cycle: great excuse to sightsee and get to know the region and its people better.



Helps fight jetlag* and makes you feel more energized (increased productivity)



Makes business travel feel more like a reward rather than a personal sacrifice.



* Source: "[Human circadian phase-response curves for exercise](#)" – Shawn D. Youngstedt, Jeffrey A. Elliott, Daniel F. Kripke (2019)



TIPS FOR RUNNING DURING BUSINESS TRIP

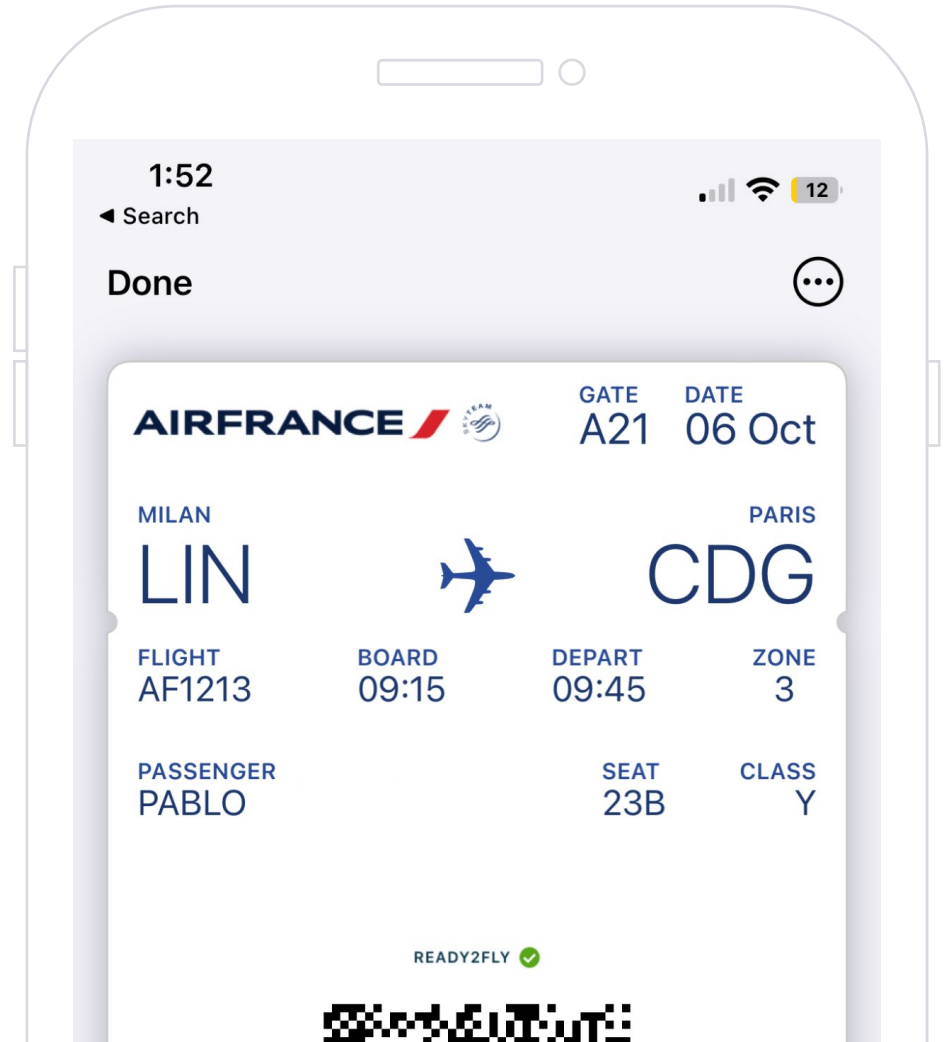


Pack a simple kit: running shoes, shorts, t-shirt and a light jacket (might vary due to weather). Depending on their needs, runners might also want to pack hair ties, caps and sports bras.

Wear running shoes, t-shirt and light jacket during the flight for a casual look (think *athleisure*).

If not your style, t-shirt can double as undershirt and running shoes can go inside backpack or carry-on luggage.

In case of emergency, shorts and sports bra can double as underwear or even a bathing suit.



TIPS FOR RUNNING DURING BUSINESS TRIP



Let coworkers (or clients) know of your plans ahead of time: they're locals and already have a daily routine.

Plan the sights you want to see and make sure they're close enough to hotel or office (e.g., specific neighborhoods, monuments, parks, etc.)

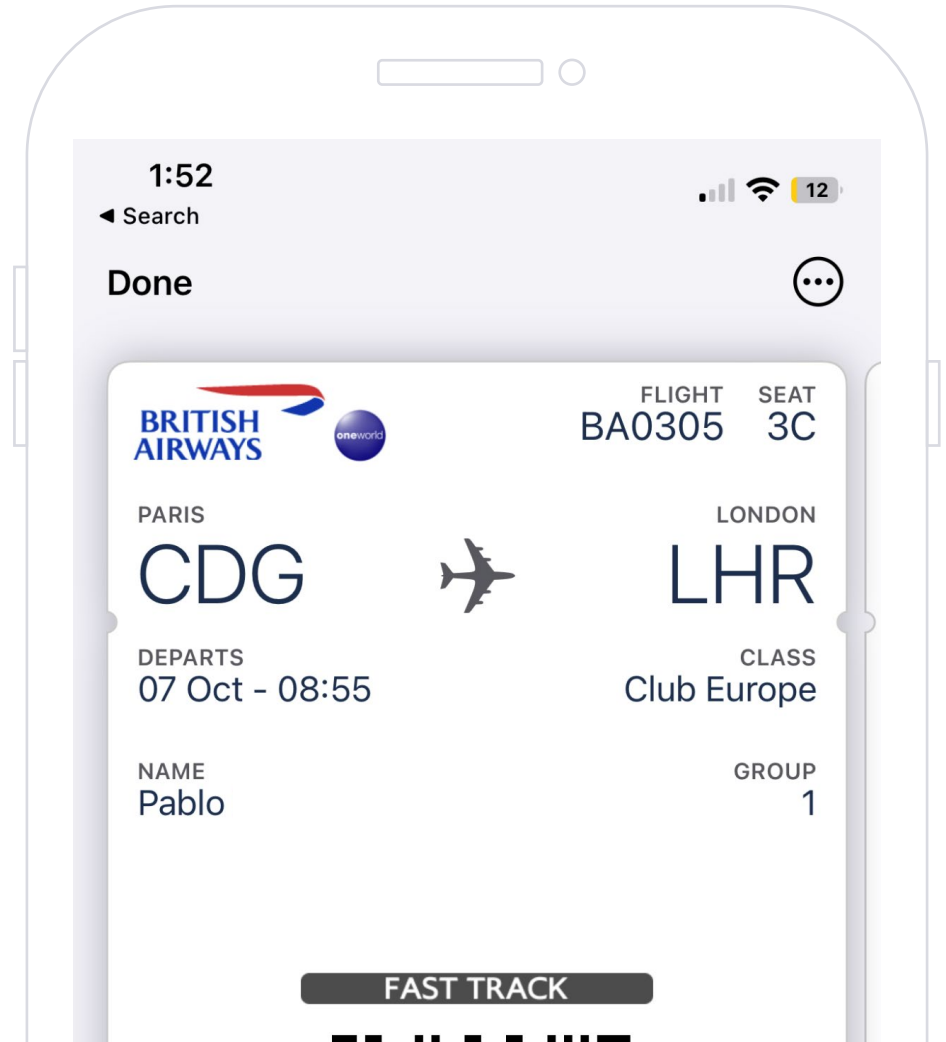
Bring your cell phone and make sure Google Maps works (enable data roaming).

Avoid wearing headphones. Be aware of your surroundings, for both safety and fun.

Bring an ID (but not your passport,) a credit card/cash and write down the hotel or office directions.




IF IT DOESN'T FEEL SAFE, IT PROBABLY ISN'T



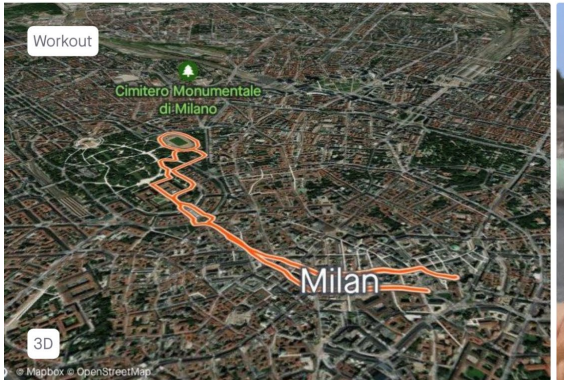
MILAN RUN WITH ITALIAN TEAMMATE (LELE)

3:31 📶 🔋 66

← Activities **Run** 📶 ⋮

 **Pablo Silva**
📍 October 5, 2022 at 6:48 PM · Milan, Italy

Evening Run in Milano with Lele




Distance	Avg Pace
3.26 mi	10:39 /mi
Moving Time	Elevation Gain
34:48	62 ft
Calories	Avg Heart Rate
456 Cal	150 bpm

View Analysis


🕒 Moderate

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MILAN RUN WITH ITALIAN TEAMMATE (LELE)



MILAN SIGHTSEEING



📍 DUOMO DI MILANO



📍 VIEW FROM PARAMOUNT MILAN OFFICE



📍 GALLERIA VITTORIO EMANUELE II



REST
EAT
DRINK
RUN/WALK
SWEAT
HAVE FUN
STRETCH
BE SAFE
THANK YOU



DISCLAIMER

TL;DR: OBVIOUSLY, I'M NOT A DOCTOR.

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