

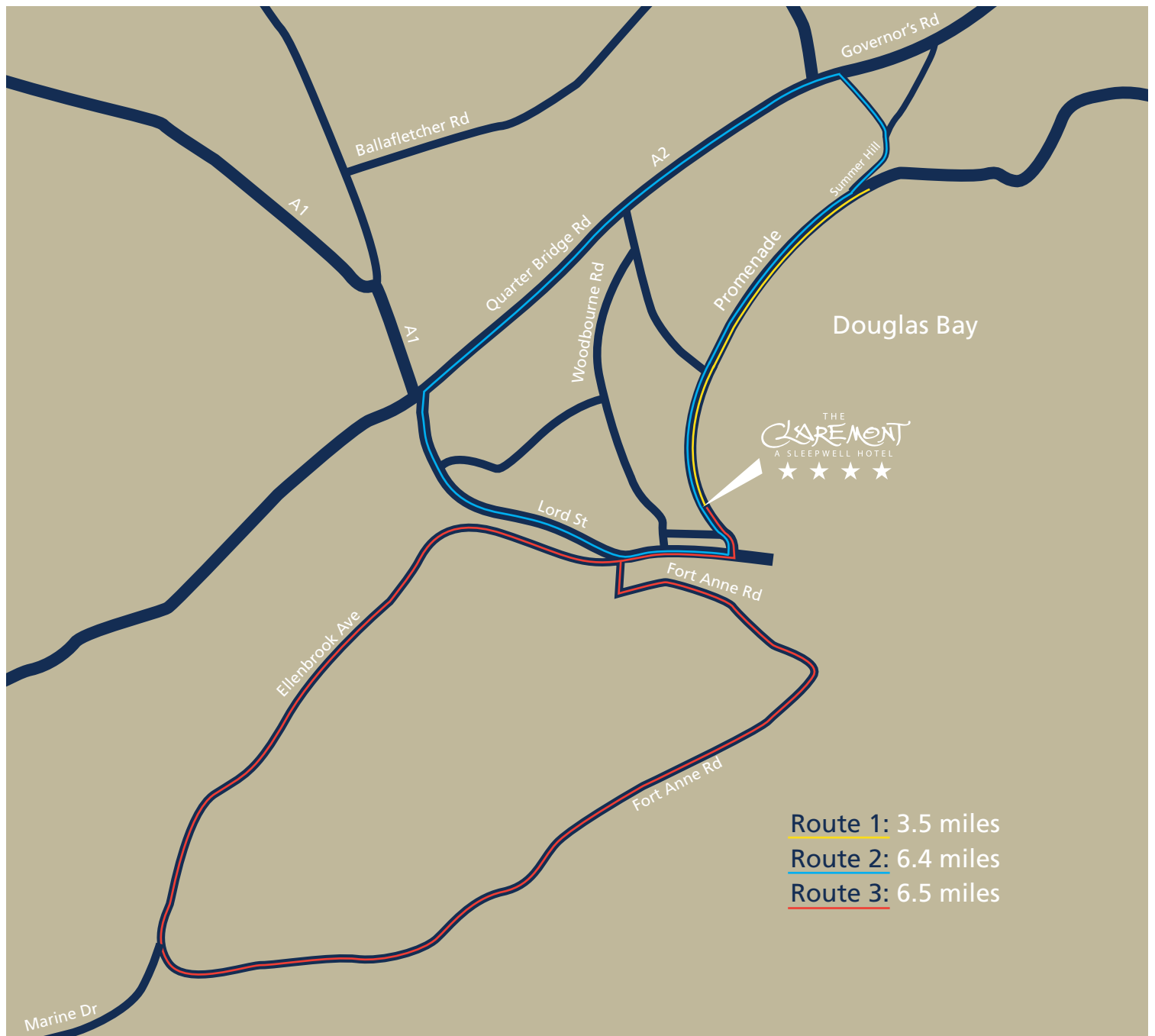


fitness on the go: taking your first steps

The benefits of regular exercise are well documented and innumerable, and this is true from the perspective of the individual as well as their business. Benefits range from the cardiovascular, metabolic, psychological, pulmonary and cognitive to the immunological, functional and aesthetic whilst the potential uses for these pursuits from a charitable perspective add value to any individual and, by association, any organisation. With longer working days and increased demand for employees to travel it is, of course, becoming increasingly difficult for an individual to indulge in any such activities – but this doesn't mean that personal fitness is a lost cause.

A little research finds a number of sports available to the travelling businessperson that are both luggage and time efficient, the chief amongst which is running. With this in mind - and a pair of trainers, shorts and a t-shirt in tow - just a little planning can go a long way. Firstly, it is important to take the obvious steps like packing accordingly or choosing a hotel that offers more than a nearby takeaway. Looking in advance for convenient gyms and parks or, better still, searching online for nearby running routes, pedestrianised zones and coastal walks is the next. Whilst choosing a setting which offers a variety of routes for all levels, each of which offers stunning coastal views and bracing sea air, is certainly going to help motivate even the most hesitant starter.





One of our frequent guests, for example, incorporates Marine Drive into his morning run, and enjoys a gently undulating and spectacular cliff-top route just ten minutes from the central financial district and which begins right on our doorstep. Alternatively, for a more gentle start to the day, Douglas Promenade itself offers a well surfaced, entirely flat and entirely pedestrianised option which clocks in at just over 3.5 miles there and back and which lends itself to a variety of different routes suited to any ability. Whichever you choose, any commitment at all is a positive step towards a healthier lifestyle, both private and professional, and at The Claremont we are here to help you take your first.

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