

## Supplement Your Bowling – While Traveling

I'm not entirely a supplement fan. Never have been, although there is need for some protein powders and meal replacements in certain circumstances. I even use meal replacement drinks when I'm rushed at times; or protein shakes after a grueling workout and needing a little nutrition. I have introduced many of our competitive bowlers to meal replacements and protein shakes when they travel here to SC to train at our institute. Even when I train bowlers at their place, the subject often arises. Well, supplementation is a valid topic, but not this month. This month is all about complementing your bowling with training while you travel. That's right, **Training while Traveling (T & T)**.

Training on the road is not something vacationers think of when scheduling a little R & R. Maybe vacationing is the time when training can be set aside for a few days, but traveling for just about any other reason should include a healthy dose of physical activity. And why not? Need I remind myself that physical activity provides doses of wonderful endorphins and hormones that signal the body and mind of its satisfaction? That's right, when you workout, your body is thankful and signals you that it is satisfied and happy. Basically, your body wants you to be active and train for bowling.

So the body wants us to train and be active, then it will release its hormonal response of satisfaction and gratitude. Bet you never thought that before. I'm sure most bowlers don't consider the training aspect when heading to the ABC Nationals or some other out of town tournament. I fear most bowlers travel to gamble, party, and bowl, with bowling often becoming a minor priority in the mix of things.

I recall a story of Michael Jordan. Michael was a gifted athlete. A physical specimen. A true athlete in the very sense of it. It was reported Michael would train daily, even if he had basketball practice or a game that evening. Think about that for a minute. If the Chicago Bulls were playing the New York Knicks that evening, Michael would still workout that morning. One sports writer questioned Michael's strategy and thought it was.... it was not good for him to train the day of a big game. Michael's response was along the lines that...he valued his training year round, which enabled him to perform at peak capacity and at his peak performance potential. So why should he abandon it the day of a game. Michael knew the value of consistent training, not just seasonally, but year round, and much to my pleasure, wouldn't let a nationally televised game with the Knicks derail his training strategies.

Tiger Woods trains while traveling. He even takes his conditioning coach, Butch Harmon, on the road with him. Football, baseball, basketball, and hockey teams all travel with trainers, strength and conditioning coaches, and therapists to meet the physical and physiological needs of the athletes. Sounds like these athletes and sports are very serious and dedicated to their sport, their identity, their training, and their outcomes, shouldn't we be the same?

### Time Management – Are You a One-Minute Manager?

Training on the road is all about time management. Finding a workout facility (gym, fitness center, health club, wellness center) has come to be as easy as opening a telephone directory, dialing up directions, and paying a guest fee for the day. However, it seems to me, the real challenge has come to be the allocation of time to train while on the road. From what I've seen, that seems to be the hard part for most bowlers.

In my eyes, it really comes down to commitment and time management. How serious are you about your bowling and training? Is it really that difficult to take a few moments, find a nearby facility, and sweat one out in a foreign environment? I personally enjoy the ambiance of a new fitness center, an old hardcore gym, or a recently renovated YMCA. If you're really lucky, you will come across one of the healthcare industry's newest sensations, a Wellness Center.

Making the time to train while traveling hits home in the area of commitment, diligence, and sincerity. I always pose the commitment question to bowlers who scoff at the notion, "so just how committed to becoming a bowler-athlete are you?" That usually hits home. So let me ask you, my reader friends:

1. Do you practice when you travel?
2. Do you read bowling magazines or think about bowling when you travel?
3. Do you stay physically active when you are away from home?
4. Does your commitment to the bowling lifestyle go awry when you leave home?

Myself, I can't stand to miss too many days between my practice and training sessions, even while traveling on business. Though I don't train to be a touring player or a professional bowler, I do train and practice for my own personal benefit and development; even while on the road. Shouldn't you?????

### Helpful Hints

This doesn't have to be long and exacerbating. Research has shown that staying physically active while traveling is one of the best sleep disorder remedies, as well as an excellent means for acclimating to a climate or time zone difference.

Keeping your body and mind on it's daily routine, even while away from home, provides stability and a certain synergy, or what's known as homeostasis, associated with your daily lifestyle.

I know all too well that not everyone likes to train in a gym. In fact, I know many a bowler-athlete that swim, bike, engage in karate or tae kwon do, or even fitness walk as ways to acquire their physical activity and training benefit. That's wonderful, and I encourage you to do the same while on the road. Whether your training is outside of the gym such as a fitness activity like swimming or cycling, or in a foreign fitness center near your hotel, acquiring some amount of training benefit while on the road is a must for every competitive bowler seeking to elevate his or her performance.

### **Henry, the Bowler Athlete on the Road**

Meet Henry the Bowler-Athlete. Henry recently trained at our institute and was exposed to a foreign training environment as we trained in a very nice fitness center equipped with stuffs he was not entirely accustomed. **PIC 1**

Henry was well prepared, having trained on The Bowling-Specific Training Program for several months. He was excited to vary his routine and add some additional components to it in an effort to further himself toward his personal fitness and bowling goals. I was elated to learn that Henry feels the need to train while traveling. We talked about it briefly, and he is committed to it as a means of enhancing his bowling skill and performance potential. **PIC 2**

In most ways, Henry is just like you. He is a bowler-athlete who seeks to advance his career to the next level. He wants to bowl competitively and establish himself as a force to be reckoned with. He has what I think most bowlers need to be successful; a discerning mind. Henry knows his strengths and his weaknesses, both on the lanes and off the lanes. He knows what he has and what he needs, and is taking the necessary steps to acquire the tools he lacks. It's really that simple.

I admire bowlers like Henry who recognize their deficiencies. In our sport of bumper bowling, inflated averages, and false sense of elitism, it's easy to get caught in this cyclical environment that only provides us a false sense of accomplishment. I encourage you to take a look at what other athletes do to become successful, elite, and champions. I'll bet my farm most of them train, train while they travel, and have a coach or instructor behind them all the way.

Next time you plan a bowling trip, make the effort to find a hotel with a fitness center. If you're traveling for your job, get up a little earlier or stay up a little later to hit the gym down the street. Heading out on vacation, allocate some time to swim, jog in the early morning, or stretch while catching Sports Center in the morning. There are literally hundreds of suggestions to gain a training benefit while traveling, but it all comes down to your commitment. If you're not willing, you won't be able.

See you next month.