

Five easy to keep business travel resolutions for 2017

Live healthier, lose weight, save money, travel more. These are some top resolutions everyone has broken - let's face it, they're not easy to keep. But sticking to your resolutions doesn't have to be impossible. Thompsons Travel came up with a list of five business travel resolutions that are easy to keep and will make travelling a lot more enjoyable.



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1. Make your corporate travel interesting and fun

Any road warrior will tell you that corporate travel quickly loses its charm. Crowded planes and soulless hotel rooms are just not as exciting as they're made out to be. But, your business trip doesn't have to be a drag and there are ways to make it interesting and fun. What about finding a gem of a local bar after your conference or meeting? At Fragrances in the Ritz Carlton in Berlin, for example, customers are invited in to sample drinks based off of popular perfumes, from Giorgio Armani and Bulgari to Salvatore Ferragamo.

2. Mix business and pleasure like a pro

Discover the benefits of embracing bleisure and play and stay a few extra days to discover a new destination and expand your horizons. Even if you think you've seen and done it all, there's always something new to discover at every destination. Sure, you've seen the Statue of Liberty and strolled along Times Square, but have you ever set foot in Tannen's Magic Store to buy invisible paint or multiplying billiard balls? Or have you had a Wasabi ice cream at China Town's ice cream factory? We didn't think so...

3. Find innovative ways to stay fit

Does the idea of working out at the hotel's fitness center not really get you giddy with excitement? Being out on the road can take a serious toll on your fitness routine and your health, but it doesn't have to. Why not rent a bike? Wake up a bit earlier in the morning and hop on your bike to your next meeting. Or simply take a walk. Head to the park or city centre and soak up the sun before your next meeting.

4. Make exciting but healthy food choices

If you would like to eat more healthily while on business in 2017, you should probably skip the doughnut and pastry platters

at your next meeting or conference. But, that doesn't mean you have to feast on only carrot and cucumber sticks to stay healthy. Visit the local market on your daily walk and stock up on fresh fruit or buy exciting whole grain breads and bagels at the local bakery. Another option is to select a healthy cooking workshop at your destination to combine a cultural experience with healthy eating.

5. Travel and pack smart

There's nothing worse than having to rush through the airport with minutes to spare for your flight while lugging a heavy suitcase behind you. So, for 2017, travel and pack smart!

Try to arrive at the airport on time to minimise stress, and enjoy the shopping facilities at the airport. If you're early, you can indulge in a massage at the airport spa or put your feet up at the airline lounge. Not that keen on spending time at the airport?

Invest in the right carry-on luggage for 2017, so that you don't have to check in your bags. Pick the right shoes, pack intelligently, avoid getting in line behind families with small children at the security, and you'll find yourself seamlessly floating through the airport.

Follow these 5 simple business travel resolutions and your corporate travel in 2017 will be an absolute blast!

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