

STRATOSPHERE LIVING: TRISH'S TIPS WHEN TRAVELLING

by: Trish Stratus

For many of you who anticipate a column from SNAP contributor Trish Stratus, you may have noticed that the last few months have been “Trish-less” in these pages. To catch you all up, Trish just returned from a whirlwind journey of North America. For starters, Trish wrapped up filming in LA where she joined Stone Cold Steve Austin in the quest to find the next WWE Superstar for WWE Tough Enough, airing now in the US (no news on a Canadian air date yet). With Trish’s return to WWE TV it was only a matter of time before she ended up in the ring wrestling again. After a few appearances on Monday Night Raw, Trish capped off her brief return with a victory on the biggest stage of all-Wrestlemania 27 in Atlanta, GA where she teamed up with the Jersey Shore’s Snooki. In between, Trish also managed to make a trip to New York, appearing on the Today Show to promote her latest cover of Oxygen Magazine and also made her feature film debut at ActionFest Film Festival with the world premiere of her movie “Bail Enforcers”. To view the official movie trailer, visit TrishStratus.com.

With her return back home, we stopped by Stratusphere Yoga Studio and asked Trish to share some tips on how she says on top of her game while on the road...

- Stay hydrated! Choose water instead of coffee or alcohol. Either buy it once you are through security or bring your own reusable bottle and fill it up before you board
- Pack snacks to avoid unhealthy food choices. Don't be tempted by airport fast food or even plane food, instead try these: nuts, protein bar, dried or fresh fruit
- A little movement goes a long way. Go for a walk or hop on the hotel treadmill to shake off the jetlag, anything to get the circulation going! Try this basic routine:
 1. Savasana – lie on your back, palms up and do a whole body scan, breathe and relax.
 2. Bring both knees to your chest and hold for 5 breaths trying to keep back flat on the ground.
 3. Twist your bent knees to one side using your right hand bring your knees towards the ground while extending your left arm straight out to the side. Hold for 5 breaths and switch.
 4. Comfortably come to a seated position. Place left hand on right knee and look over your right shoulder. Hold for 5 breaths and switch sides/
 5. Move to a wall and extend your legs straight up and spread your arms out. Stay there for a few breaths