

P
M

A GUIDE FROM THE METHOD

Movement in Transit

A standard that survives airports.

The known condition

The method treats travel as weather, not emergency. Plan for it like rain: nothing about the trip should surprise the standard.

The kit

It weighs less than your paperback:

- One long resistance band and one loop band; together they are a hotel-room gym.
- Walking shoes you genuinely like; most travel training is walking with intention.
- A protein default you will actually eat at gate B37.
- An eye mask, and your sleep rituals miniaturized.
- One outfit you feel dressed in, not athletic in; feeling like yourself is half the standard.

The rules of the road

Three rules carry every itinerary:

- Shrink the workout, never the streak. Fifteen minutes keeps the habit alive; the habit is the asset.
- Anchor the mornings; they are the only part of a travel day you own. Protein first, light outside if the zone changed.
- Eat like a guest, not a fugitive. One dinner has never changed a body; the rehearsed panic about it has ruined plenty of trips.

Coming home

Unpack, restock the pouch, resume. No penance, no restart. The week away was not a failure of the standard; it was the standard, traveling.

Come home to a practice that never noticed you left.

Education, not diagnosis: Paula's Method offers lifestyle advisory, not medical care. For diagnosis, treatment, or medication decisions, consult your physician. v1, July 2026; drafted for Paula's review.