

## Workouts That Travel

- Be realistic. You probably won't be able to fit in your normal weekly workouts and that's okay. Shoot for completing at least 50% of your normal regimen.
- Plan ahead. Before leaving town, find out what type of workout facilities your accommodations will have or if there is a nearby park or jogging track (weather permitting, of course).
- Scope out local gyms. If you are staying somewhere that doesn't provide a workout area then inquire at the nearby local fitness centers for their rates. Often they offer day passes for minimal fees.
- Pack a resistance band in your suitcase. The band takes up very little space, yet can provide you with an entire upper and lower body workout routine.
- Don't deprive yourself of all local delicacies. You can enjoy some special meals without going overboard. Ask the restaurants to prepare your favorite dishes with a few lower fat ingredients.
- Be creative. Find unique, fun ways to exercise instead of doing the same routine you do when you are at home. Try biking, hiking, a pedal boat excursion, water-skiing, beach volleyball, etc. Effective workouts aren't limited to the standard fares of walking, jogging and fitness machines.
- Try out your travel routine at least once at home. A new workout that you've never done before will require more time and preparation. This type of frustration just makes for an easy excuse to skip the workout.
- Prepare snacks. If your journey includes a lot of time in the car, be sure to pack some healthy snacks so you aren't forced to eat at all the fast food and convenience shops along the way.
- Play in the pool. If lounging poolside is part of your vacation plans, then hop in the pool every 20 minutes for 5-10 minutes of pool walking (try it in waist-deep or higher water for a really challenging workout).
- Get comfortable. Don't forget to pack comfortable workout attire that fits your destination's climate.

Here is a quick, simple circuit workout that only requires a resistance band and can be done anywhere. Complete at least one set of 8-12 reps of each exercise. For detailed instructions for each of the above exercises, visit [www.workoutsforyou.com/travel\\_plan.htm](http://www.workoutsforyou.com/travel_plan.htm)

- Bicep Curl
- Tricep Dip
- Lat Pull Down
- Front Raise
- Push-Up
- Squat
- Abductor lifts
- Adductor splits
- Hamstring Kicks