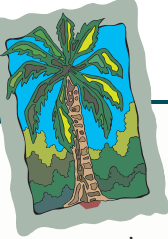


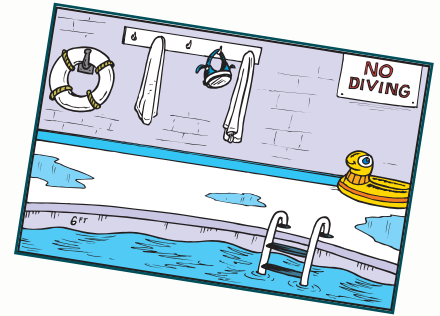
Staying Fit While Traveling



Many people may find it difficult to follow their normal exercise plan while traveling. Whether it's for business or pleasure, unfamiliar environments, tightly scheduled business meetings, family plans, or a lack of exercise equipment may prevent your best intentions to stay fit while traveling. The next time you are planning to travel, consider the following tips to fit in fitness while you are on the road.

Facilities

- Choose hotels that offer gyms, fitness facilities or a pool.
- Sign up for fitness classes offered at the hotel to commit yourself to exercising.
- Ask the concierge about a nearby gym or safe neighborhood to walk or run in at the beginning or end of your day.
- Avoid elevators and use the stairs in your hotel or meeting place.



Portable Equipment



- Pack exercise attire including comfortable sneakers for walking and a swimsuit to swim laps or do water aerobics in the hotel pool.
- Bring a portable music player and do resistance exercises such as push-ups, squats, lunges, and sit-ups to your favorite music.
- Pack an exercise video, jump rope and a resistance band or tubing for an aerobic and strength training workout in the privacy of your hotel room.
- Invest in “travel weights” – inflatable weights that can be filled with water or sand for strength training then folded and stored in your suitcase when traveling.

Recreational Activities

- Plan vacations that can include seasonal exercise – skiing and skating in the winter, and snorkeling, hiking, biking, or canoeing in warm weather.
- Walk the golf course instead of riding in a cart if you plan to play.
- Bring tennis racquets if courts are located on the property, and get the whole family involved.
- Forget the tour bus - walk when sightseeing to sneak in some extra activity at the same time.



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