

Staying healthy on the go

March 2016 Newsletter



Making a commitment to fitness at home can be tough. But it can be a bigger challenge when you change your environment and routine.

What happens when you have to travel for business? How do you work fitness in around meetings and meals?

And how about vacations? While it's nice to chill out, what about working out? If you're planning to bend your diet rules as a treat, then burning calories can be even more important.

Fitness packs easily

Luckily, you don't need to leave fitness behind when you're on the go. There are lots of ways to keep healthy habits alive and well even on the road.

What's most important is your attitude. If you want to build healthy choices into your time, there are easy ways to do it. Here are some tips that can help¹:

- **Keep it simple.** For exercise on the go there's no need for fancy equipment or designer outfits. Travel with good sneakers and washable workout clothing.
- **Walk everywhere you can.** When you arrive, take a walk to get familiar with your area. Keep an eye out for nearby hiking areas, bike rentals, and other options for fun, sport and exercise. When there's a choice of calling a cab or walking to a meeting or event, opt for the walk if it's a reasonable distance.
- **Locate the nearest gym.** If you like indoor facilities and there's a gym near your destination, call ahead to see if you can get a daily membership at a good rate. Fitness centers are great places to meet people while also getting exercise.

- **Find good food options.** Check out local dining choices. Look for eateries with healthy menus. If possible, stop at a grocery store and buy fresh fruit and other healthy snacks to keep in your hotel room.
- **Make exercise part of the fun.** If you're traveling with coworkers, doing fun things together is a great way to bond. Of course, the same is true if you're with family or friends. Play volleyball, toss a Frisbee® or shoot hoops. Go boating, hiking or biking as a group. Use your time together in ways that are memorable and good for you.
- **And don't forget, "There's an app for that!"** Now more than ever before, you can take a trainer and training routines with you. If you have a smartphone, tablet or other device, you can load apps for working out, yoga, meditation and more. Visit your app store to browse the selection. You'll find many are free and user-friendly for folks on the go.

Make fitness a priority

Let's be honest: Time and motivation are the biggest challenges to healthy choices while you're away from home. But, like anything else you value, you can make fitness work. Commit to your wellbeing at home and on the go — you'll be happier and healthier.

¹www.wellwellwell.com