

## Exercise Tips for Travelers

Whether you're traveling for business or pleasure, you can stick to your exercise routine when you're on the road. It may be easier to be active when you're on vacation, but even on a business trip, it's possible to squeeze in 30 minutes of physical activity some time during the day. With a little planning, it can be easy to stay fit when you travel.

**Pack your fitness clothes.** Be prepared. Take along your sneakers or walking shoes, exercise clothing, and bathing suit. If you're taking your laptop, you might also include your favorite exercise DVD.

**Stop along the way.** If you're traveling by car, take frequent breaks; get out and stretch or walk around. Not only will it help you feel better, it will help you stay more alert while driving. If you're flying, walk around the airport while waiting for your flight.

**Explore the neighborhood.** Ask the hotel staff about local parks, walking trails, shopping malls, or recreation centers. Take a break at lunch and go for a walk. Build physical activity into your sightseeing. Explore the sights on foot rather than by car.

**Check out local exercise facilities.** Many hotels have workout rooms or pools for guests. Some hotels offer guest memberships to nearby fitness centers. If you're on a cruise, take advantage of the recreational opportunities.

**Stick to your routine as much as possible.** Being active is one of the most important things you can do each day. If you're a morning person, exercise before going out for the day. Work out at lunch time. Or, if your day is too hectic, unwind with a workout in the afternoon or early evening.



### Quick Tip

Take along *Workout to Go*, the sample *Go4Life* workout you can do any time, anywhere.

### VISIT

[www.nia.nih.gov/Go4Life](http://www.nia.nih.gov/Go4Life)

- Order the free *Go4Life* exercise DVD and *Workout to Go*.
- Read more tips for adding physical activity to your day.
- Share your exercise story.

