

Take Fitness With You Wherever You Go!

Summer is one of the most popular times for traveling. Unfortunately, traveling can be one of the biggest pitfalls in maintaining a healthy lifestyle. With fast food restaurants around every corner and jammed pack schedules that prevent you from making it to the gym, it's no wonder we gain weight while on vacation. There is a solution to the problem! You can prevent travelling pitfalls!

The first major pitfall is becoming dehydrated. When travelling by plane, there is a lack of humidity in the cabin air. This can cause dehydration and dryness in various parts of the body. Be sure to drink plenty of water before and during the flight. Pack moisturizing lotions, eye drops and nasal sprays in your carry-on and use them as needed. Dry cabin air can cause nose bleeds in certain people. An added bonus is that water has no calories and drinking water can stave off hunger pains.

On to the food culprit; as mentioned before, fast food restaurants are around just about every corner. Try packing some of your favorite healthy snacks in your carry-on include fruit and vegetables. Bananas, apples, pears, baby carrots, celery and cucumbers all travel well. Bring along dried fruit and nuts for quick snack that packs on bonus protein. Don't forget to pack the bottled water to go with your healthy snacks.

There are going to be times when you will need to eat a meal at the airport. You can start by researching what restaurants are available at the airport prior to packing your bags. There are healthier options to be found at many airport restaurants that will not sabotage your weight. Start the food search by exploring all of your options. Don't settle for the first food place you see. Second, remove (or decrease) added calories including special sauces, cheese, sour cream etc.

Waiting for your flight is a great time to explore the airport, by foot. Attach a pedometer and your iPod and walk around the airport. While in flight take some time to stretch out. Sitting for along period of time can leave you stiff and tired. Try the following stretches to help the blood flow.

Neck Stretch



Shoulder Stretch



Upper back Stretch



Extended Shoulder Stretch



While at your destination, try to add in some physical activity daily. Research the hotels in the area. Many hotels have swimming pools or fitness centers in house, while others have contracts with local fitness centers. Check with your hotel and see what accommodations are available and be sure to pack accordingly. If your hotel does not have a facility that allows you to squeeze in your workout, bring items that will allow you to work out in your room. DVDs and portable DVD players are a great option and they don't weigh much. Explore the local area by foot or bike, ask the concierge for local trails or parks. Pack a jump rope or exercise bands that weigh very little. Add plyometrics and use your own body weight as resistance! At the very least, take the hotel stairs rather than the elevator. Every little bit counts. The following is an easy workout that you can take anywhere and doesn't require more than a pair of shoes.

- Waking up 20 minutes early to squeeze in a workout is a great way to assure that you get some exercise in before the day ends.
- Walking, running, swimming, and biking are great calorie blasters that raise your heart rate!
- Perform two to three sets of each to strength train your entire body.
 - Tricep Dips
 - Squats
 - Crunches
 - Push-ups
 - Lunges
 - Planks

The next time you travel be sure to plan ahead and pack everything you need to have a happy and healthy vacation.

Safe Travels