



# 12 Steps to Better Health

## Step 7: July

### Exercise on Vacation

*Don't take a vacation from exercise, stay active while you travel!*



#### **Do your homework**

- When booking your hotel, call ahead to see what workout facilities are available. Reserve a room at a location with a fitness center or pool.
- Check online for maps of local running and walking trails.
- If you have a gym membership, call and see if you have access to their facilities at the location where you will be traveling.

#### **Pack for success**

- Make sure to pack a pair of tennis shoes and workout clothes.
- Bring along some lightweight fitness equipment such as a jump rope or resistance bands that you can use in your hotel room.
- Pack a swimsuit so you can use the pool at the hotel. If you will be vacationing outdoors, swim at a nearby lake or the ocean.
- Check the weather forecast to see what the temperatures will be. Make sure to pack layers for cool or wet weather.

#### **Get adventurous**

- Try something new on vacation like renting a bike, kayak or surfboard. Many rental shops will offer packages that include lessons.
- Explore new territory and do some sightseeing on foot.
- When traveling with your family, plan activities that include physical activity such as mountain biking, fishing or hiking.
- Take a walk or run along the beach each day.

#### **Use your space**

- Do small exercises in your hotel room including lunges, sit-ups, push-ups or jumping jacks.
- Walk in the hallways and up flights of stairs throughout the hotel.
- Walk around the airport terminal while waiting for flights.



**Visit these websites for other exercise tips:**

<http://www.mayoclinic.com>

<http://www.escambiahealth.com>

