

## *Fitness on the Run*



Be it vacation or business trips, traveling is one of the most dangerous ways to fall off the fitness wagon. Happy hours, exotic foods, chaotic schedules, and unfamiliar surroundings are all reasons why fitness is so difficult to fit in!

It's possible to maintain your exercise schedule with a little creativity, initiative and planning!

**Pre-plan your fitness outings** – If there are no fitness options (gym or pool) available in the hotel, ask about parks or facilities nearby. Some gyms have arrangements with hotels in their area.

**Bring fitness on the road with you** – pack light so you will have room in your suitcase to bring equipment for a modified workout.

Include:



- Running shoes and workout wear.
- Exercise video (some hotels will supply a player if requested).
- Skipping rope (which is one of the most effective calorie-burning workouts) or resistance bands (to get some weight training in for a total workout).
- Pair of dumbbells (if you have the room, take a 5-pound pair for upper body toning).
- There are always pushups and dips (using a chair or the edge of a bed)!!

It doesn't have to be a regular weight-pumping workout!

Try:

- Sightseeing on foot.
- Parking at the far end of the hotel parking lot.
- Climbing up and down the hotel stairs.
- Try the old middle-school gym exercises and calisthenics in your room (sit ups and jumping jacks).



(FitnessGear101.com)

## *Fit Facts*

**It's HARD to eat well when you're wiped out!!**



Try to follow these 7 tips to eat well when you're busy:

1. **INTEND** to eat well!
2. Get organized with grocery **LISTS!**
3. **PLAN** your meals in advance!
4. Even a **QUICK** breakfast is better than no breakfast! (ex. Smoothies, granola)
5. Avoid breakfast bars & shakes with high levels of **SUGAR!**
6. Eat in **MODERATION** when you socialize!
7. Late dinner? Go for **SOUPS** or breakfast foods (porridge or eggs)!

(Besthealthmag.ca)



## *Fit Fun*

**Match the equipment to the price!!**

*Fitness doesn't HAVE to be expensive!*

|                             |                |
|-----------------------------|----------------|
| <b>Jump Rope</b>            | <b>\$5.00</b>  |
| <b>Pedometer</b>            | <b>\$6.25</b>  |
| <b>Exercise ball</b>        | <b>\$10.00</b> |
| <b>Resistance tubing</b>    | <b>\$7.00</b>  |
| <b>5 lb dumbbell (each)</b> | <b>\$20.00</b> |

Check out [konquestfitness.com](http://konquestfitness.com) for the answers!!

## *Get Fit*

**Check out our TOTALLY TUBULAR TONING workout that you can do at home or on the GO!!**

