



Exercise when you travel

How you exercise may look different when traveling, but it's still worthwhile. In fact, mixing things up when you're away from home keeps your workouts fresh and interesting. Try these tips:

- **Bring resistance bands along.** Easily packable and super lightweight, resistance bands give you the flexibility to exercise anywhere. Bring a few different types for the most exercise options.
- **Book a hotel with a gym.** Many hotels offer fitness rooms. The equipment is often fairly basic, but you can usually depend on a treadmill or bike and a set of free weights.
- **Use your bodyweight.** All you really need for a good sweat session is your body! Movements like push-ups, tricep dips, squats, and lunges can be combined in a challenging circuit.
- **Get outside.** What better way to get the most out of your travel than to explore on foot. And all that walking counts as exercise!

