Rec Tip of the Week

Woman’s Day listed ways to stay trim while on vacation

1. Book accommodations with a kitchen: by renting a condo or a hotel room that has a kitchen allows you to stock healthy foods and control how your food is prepared.

2. Do restaurant research: by looking at nutrition data offered on many restaurant websites you can plan your meal before arriving at the restaurant and will prevent you from going for the higher calorie and less nutrient rich choices.

3. Pack resistance bands: packing these light weight resistance pieces of equipment allows them to fit in your luggage and make it easy to get in a workout no matter where you are staying.

4. Treat yourself to new sounds: getting motivated to still put in a workout is easier when you have new music to workout to or a new audiobook to listen to.

5. Travel in your sneakers: wear tennis shoes as your travel apparel and you won’t have an excuse not to workout.

6. Work out early: knocking out your exercise routine earlier in the day means you are more likely to accomplish it. It also has been shown that healthy habits feed off of one another and by putting in a good sweat session in the morning you are more likely to make healthier choices the rest of the day.

7. Be an active sightseer: your workout doesn’t have to be done in the gym, go for a hike, bike ride, go rock climbing, or participate in summer sports.

8. Step it up: like any other day in your life remember to take the stairs instead of the elevator. You can also request a room far from the elevators if stairs are not an option. You will still have to walk a ways to get to the elevator and will get in a little extra exercise.

9. Get free fitness gear & classes at your hotel: many resorts and hotels provide workout accessories, which may include exercise mats, resistance bands, and foam rollers. Some resorts also offer fitness classes.

10. Ask the concierge for walking & running maps: many hotels are now equipped with maps of the area that include trails for walking and running. It’s a great way to explore your surroundings in a safe way.

Source: Women's Day Magazine