TRAVELFIT

THE HOW TO



A lot of people use travelling as an excuse to break good habits and resort to over eating, under exercising and essentially, being unhealthy.

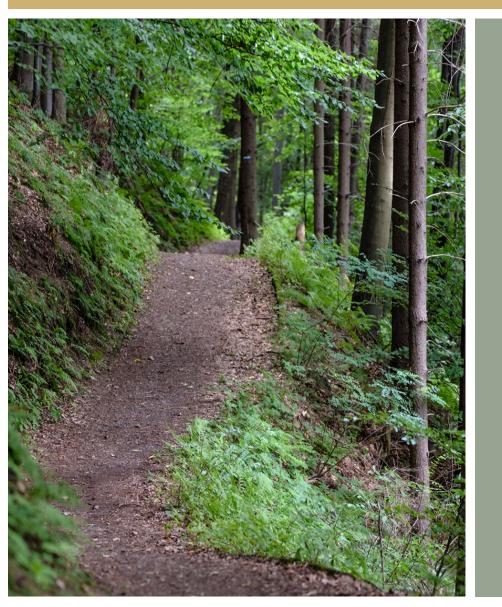
When travelling, there is absolutely no reason for you to change your mindset about trying to improve your overall health and fitness.

Granted, exercise may be a little harder to do – without having a gym near by, or not wanting to spend money on one day passes. If part of your routine is training or exercising 3-4 times a week, there is no need to not do this, just because your environment is different. In fact, being away can lead to a variety of new and different exercise options, that can literally cost nothing, whilst still getting your exercise in.

A lot of cities now have "citi bike" and "birds" (scooters) available from almost anywhere, to get around the city. If you aren't the biggest fan of walking, then taking these options are an AMAZING way to see a new place. Not only that, but it is a great way to get you to places for outdoor hikes or activities within the city. These bikes and scooters allow you to get your exercise in, and at the same time you can see and experience new places. It can also be a much cheaper option than always using transport or ubers.

Searching for outdoor hikes, walks, or exercise activities is as simple as typing into google maps "hikes near me." If course, if you want o explore the best, do a little more research through the internetor downloading an app like "All Trails" to get good reviews, start/end points of walks and information on length/eleveations of hikes.





If where you are doesn't have this kind of option, that's fine, opt for any activity outdoors that will get your heart rate up, and maybe at the same time, give you a nice view of the location you are in. Stroll through botanical gardens, city zoos and urban parks. Too cold to do that? Find local yoga studios, cycle classes or if you are in the snow, try something a little different - like snowboarding or skiing!

If you are new to training and exercising all together, or travelling with friends, a great option is to try google a near by hike or walk for sunset, or head down to a beach and swim for 30minutes. Keep things fun with your friends, or learn something new with an exciting group activity. These kind of activities are in multiple destinations and include paddle boarding, surfing, kayaking, stand up paddle boarding and for those a little more adventurous, white water rafting.

Different kinds of exercise are a great way to vary routine too – and new methods of keeping fit are a great way to keep the body guessing.

If you are in a place that it's well developed and safe, local parks often have outdoor fitness equipment. And even if they don't – its not hard to take 15 minutes of the day out to do sprints in a grassy park, find a bench to box jump and do push ups on, or find a bar to attempt a chin up or two. Don't limit the local areas, just because you aren't a local!

If you are somewhere that you don't feel so safe in – we recommend bringing along a skipping rope in your suitcase and an exercise band or two. Why? Because you can get a sweat on, on the roof your hotel and even in your bedroom. All you need to do is take out 20minutes of the day, come up with, or find an at home workout to do – and boom, exercise is done.

There are also plenty of gyms, that offer \$10-30 drop in classes too. If you haven't tried CrossFit before, trying it in a new city is a great way to also meet new people. Most globo gyms also offer a day pass trial, or a 24 hour pass so you can use their facilities.

Don't limit options because you are in a new place, get out there and try new things. Keeping your exercise routine in check will help keep your food and nutritional choices on point too. Stay tuned, next week - we will talk about how to keep nutrition on point and balanced while you are away!