


# TRAVEL FIT

## 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!

