

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Workouts That Travel

By Lynn Bode

Workouts That Travel

by: **Lynn Bode**

A vacation can do wonders for reducing stress levels, but it can derail a healthy fitness regimen. Even some of the most die-hard exercisers find it difficult to stick with a workout program when away from home. Sure, many have good intentions. They may even pack their workout attire. Unfortunately, their gear never makes it out of the suitcase until they're back home.

But travel from home doesn't have to result in an interruption or complete abandonment of your healthy habits. You can still fit in exercise time when away from home, regardless of whether you find yourself in a warm or a cold climate. Even if bad weather forces you into seclusion in your hotel room, there are exercises you can complete without a single piece of equipment.

Below are some tips to help you stay fit while traveling and avoid coming home with unwanted extra baggage. Be realistic. You probably won't be able to fit in your normal weekly workouts and that's okay. Shoot for completing at least 50% of your normal regimen. Plan ahead. Before leaving town, find out what type of workout facilities your accommodations will have or if there is a nearby park or jogging track (weather permitting, of course). Scope out local gyms. If you are staying somewhere that doesn't provide a workout area then inquire at the nearby local fitness centers for their rates. Often they offer day passes for minimal fees. Pack a resistance band in your suitcase. The band takes up very little space, yet can provide you with an entire upper and lower body workout routine. Don't deprive yourself of all local delicacies. You can enjoy some special meals without going overboard. Ask the restaurants to prepare your favorite dishes with a few lower fat ingredients. Be creative. Find unique, fun ways to exercise instead of doing the same routine you do when you are at home. Try biking, hiking, a pedal boat excursion, water-skiing, beach volleyball, etc. Effective workouts aren't limited to the standard fares of walking, jogging and fitness machines. Try out your travel routine at least once at home. A new workout that you've never done before will require more time and preparation. This type of frustration just makes for an easy excuse to skip the workout. Prepare snacks. If your journey includes a lot of time in the car, be sure to pack some healthy snacks so you aren't forced to eat at all the fast food and convenience shops along the way. Play in the pool. If lounging poolside is part of

Workouts That Travel

your vacation plans, then hop in the pool every 20 minutes for 5–10 minutes of pool walking (try it in waist–deep or higher water for a really challenging workout). Get comfortable. Don't forget to pack comfortable workout attire that fits your destination's climate.

Here is a quick, simple circuit workout that only requires a resistance band and can be done anywhere. Complete at least one set of 8–12 reps of each exercise. Bicep Curl Tricep Dip Lat Pull Down Front Raise Push–Up Squat Abductor lifts Adductor splits Hamstring Kicks

For detailed instructions for each of the above exercises, visit www.workoutsforyou.com/travel_plan.htm

Lynn is a certified personal trainer and founder of WorkoutsForYou.com. Don't return home with extra baggage. We can custom design a workout for you that will help you stay fit while away from home. You don't even need any fitness equipment! We'll help you stay fit while still fully enjoying your trip. Visit www.workoutsforyou.com/travel_plan.htm for more info.

How to Get The Most From Your Home Workouts

By Rick DeToma

How to Get The Most From Your Home Workouts by Rick DeToma

You have permission to publish this article electronically, without changes of any kind, free of charge, as long as the bylines are included, and remain working hyperlinks. Please send a copy of the URL where you have posted this article.

A recent study found that home workouts may do even more good than workouts at a gym. This is good news for people who are time crunched and find it's too much trouble to make it to a health club.

So how do you get the most from your home workouts? Follow these suggestions:

1. **Have A Plan.** Know exactly what it is you want to accomplish and how you intend to get there. Plan out the exercises and the amount of reps and weight you will use. If time is a factor, make sure the volume of your workout fits the allotted time. If you can only squeeze in 10–15 minutes, then make the most of it. Use compound moves for the large muscle groups. Use an exercise log and refer back to it. It's a great way to track your progress.
2. **Have What You Need.** Make sure you have available any equipment you intend to use and that you know how to use it. If you have never used resistance tubes, then practice with them in advance so you get a sense of the tension they provide. If you plan to use a stability ball, make sure you have the right size for your height. See a chart [here](#).
3. **Know How to Do Things Right.** Make sure you are familiar with the exercises you plan to include in your home workout. Do some research and completely understand any new exercises you intend to

Workouts That Travel

do. Form is very important. Proper form will keep you from injuring yourself.

4. Mix Things Up. Don't stick with one workout for ever. Your body will quickly adapt to any form of exercise if you stay with it for too long. Make sure in your planning stage that you build in variety through new exercises, a different exercise order, different rep scheme or try supersets or a circuit.

5. Get Support. Work with a personal trainer to learn what you should do and how you should do it. A recent study showed that people who worked with a trainer worked harder and met their goals faster than those who did not.

Just because you are doing a home workout does not mean that it can't be as tough or tougher than people who travel to a gym. Once you know where you are going and how you intend to get there, the rest is up to you. Follow your plan, give it 100% effort, eat right, and you'll be on your way to a fit body.

About the Author: Rick DeToma is a fitness coach, and trainer who specializes in home workouts. Contact Rick for a no obligation telephone fitness assessment at:
<http://www.tailored-fitness-home-workouts.com/contact.html> Get more tips like these and a bonus too, by subscribing to Tailored Fitness News

at: <http://www.tailored-fitness-home-workouts.com/newsletter.html>

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!