

Stay Healthy & Fit On The Road



Check Out the Fitness Facilities Before
Arriving

* Call your hotel or visit their website to
see what fitness options they offer (i.e.
fitness center, running trails)

Don't forget to pack your workout
clothes!

Use the opportunity of different
fitness options to try something new.

Check out the hotel
restaurant and snack
center menus so you can
plan ahead to eat healthy



Know before you leave
when you plan to workout
while away

Pack healthy snacks so
you always have
something good when
hunger strikes

Set your vacation fitness
goals – how many times
will you workout? How
many miles will you run?

Don't forget to pack
comfort items - pain
reliever, ice and/or heat
packs, ace bandage - just
in case

Check the weather
forecast in advance and
pack accordingly.

