



Traveling this holiday season? Take your workout with you.



Traveling takes us to many great locations and opens the doors to many exciting opportunities – across the province, across Canada and abroad - but it can also disrupt our regular physical activity routine. With a bit of planning – you can take your workout with you and continue to be active while on the road.

Staying at a hotel

- Make your reservations at a hotel that has an exercise room and/or a pool.
- Ask the hotel staff for recommendation of safe routes to walk in the area or for attractions that are within walking distance to your hotel.
- Ask if your hotel has equipment for loan – ie. bicycles or yoga gear.

Staying with family or friends

- Inquire about the local fitness facilities and see if they have a guest/drop in rate.
- Plan an active outing - Check out the local active attractions – walking trails or walking tours, bicycle rental shops, cross-country or downhill ski opportunities.

Active Packing Checklist

- Runners, walking shoes or hiking boots
- Workout gear suitable for the local climate
- Aquabells dumbbells – add weight by adding water when you reach your destination
- Exercise bands or tubing
- Yoga mat
- Skipping rope