

# The Active Traveller

We all know what it's like to get out of the routine of working out when we are away from home, whether it be on a holiday, on a business trip or on that adventure trip of a lifetime. We get into a new environment and forget the benefits of working out and exercising on a regular basis – fitness, fat loss, toning, stress reduction, the list goes on.....

It doesn't have to be that way, all you need is a few bits and pieces, a suitcase full of motivation and imagination and you're away.

A children's playground or jungle gym are great fun for those big kids wanting a bit of a challenge -- tricep dips, pull ups, monkey bars, climbing. A towel and a friend enables you to obtain a bit of resistance with resisted upright rows for the shoulders, biceps curls and mid rows for the back. Two 1.5-2 litre bottles of water not only help your thirst but also act as a great items for working out – use them for tricep extensions, shoulder press, lunges.

Grab a skipping rope for that cardio workout – you won't believe the sweat you'll create. Go for a brisk walk or jog around the park or neighbourhood, change the pace, enjoy the scenery, use park benches for step ups, stairs for sprints, the curb for side jumps, skip, hop, bound – your imagination is your only limitation.

Here's an example of an effective exercise programme based in a hotel room.

## ***Warm Up:***

Walk up and down 6-10 flights of stairs

## ***Cardio Workout:***

Jog one flight, walk one flight

Jog two flights, walk one flight

Walk (briskly) one step at a time, walk two steps at a time

Walk up two steps / down one etc etc

Plus variations

## ***Resistance Workout:***

Lunges

Lunges – alternate legs (to add resistance hold onto a suitcase)

Squats

Tricep dips (using the edge of a chair/the bed)

Press ups (change the angle) - hands on a wall / table / floor / feet on the bed)

Towel row (wrap a towel around a bed post and pull in/ resist out)

One arm bicep curls (using a brief case/ lap top or evian bottle)

One arm shoulder side raise (using a brief case/ lap top or evian bottle)

## ***Stretch:***

10- 15mins doing a total body stretch

Get active today your body will enjoy the change!!