

Relax, Rejuvenate and Be Active

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Would you like to stay active while on vacation, but not sure how to do it? Good news! There are lots of ways to introduce more activity into your vacation. Being active on vacation can be a rewarding experience, and keep you on track with your regular fitness routine.

The key is to plan ahead and look for opportunities to incorporate physical activity into your trip. Don't worry if you can't continue your normal amount or intensity of exercise: even small amounts of activity add up to a more healthful - and enjoyable - vacation.

Here are some ideas on how to make your desire for an active vacation a reality:

- **Look for hotels with fitness resources.** Many hotels have fitness rooms, but the type and quality of these facilities vary widely; find out in advance what is included. Besides workout areas, some hotels organize morning walks, runs or yoga classes. Some hotels like [Omni Hotels and Resorts](#) or [Hilton Garden Inn](#) offer in-room fit kits consisting of exercise DVDs, mats smalls weights, etc.
- **Take advantage of pools and beaches.** Don't just lounge beside the pool – jump in! If you are on a beach vacation, take a long walk on the beach before breakfast. If your hotel has a pool, do a little lap swimming before bed.
- **Discover local, state or national parks.** Parks offer a variety of indoor and outdoor activities. You can often choose between self-guided and group activities. For more information on specific parks use the [National Park Guide](#).
- **Look for local activities.** Have you always wanted to try salsa dancing or roller skating but couldn't find the time? Being in a different locale provides opportunities to try something new. Ask your hotel concierge or travel agent – or just check the phone book for ideas.
- **Keep electronics at home.** Especially with kids, electronics distract from a more active vacation. By limiting these distractions you'll have more time for active pursuits.

- **Bring activities.** A lot of exercise equipment – resistance bands, Frisbees, exercise DVDs, etc. are light weight and very packable. For larger items like roller blades, look into places to rent them.
- **Get on a bike.** Nowadays many hotels have bikes for rent or loan. More and more cities are starting bike share programs – you can rent bicycles for a low cost at kiosks through town. Even cities that don't have bike share programs have bike rental shops.
- **Take road trip breaks.** Long car trips get tiresome, especially for kids. Find places along the way to stop, play catch, jump rope, or take a short hike. When traveling by plane, get up every one to two hours and walk the aisle. Take advantage of layovers and walk in the airport. You'd be surprised how much walking you can get done, and you'll arrive at your destination feeling invigorated.
- **Walk more.** Walking is a great way to stay active and learn more about the area you are visiting. Choose walking tours over bus tours. Ask the hotel concierge about walking maps and self-guided walking tours. Choose a walkable vacation site. Many travel books and websites now focus on walking tourism.

Need more information? A myriad of books, websites and yes, even phone apps are available. Here are a few resources to check out when planning an active vacation:

Books:

- *Travel Fitness: Feel Better, Perform Better on the Road* by Rebecca Johnson and Bill Tulin
- *The Athletic-Minded Traveler* by Jim Kaese and Paul Huddle
- *Fitness for Travelers: The Ultimate Workout Guide for the Road* by Suzanne Schlosberg
- *City Walks book series (published by Chronicle Books)*

Online resources:

- Active.com has articles on staying active while travelling
<https://www.active.com/>
- Rails to Trails Find a Trail site <http://www.trailink.com/home.aspx>

CAMPUS WELLBEING SERVICES

humanresources.illinois.edu/campus-wellbeing-services

- Walkable cities: <http://www.prevention.com/cities/index.html>