Pack Your Sneakers (and Your Feet)

Travel can throw just about everything off. Here are some ways to bring your health along.

You don't need a big routine when you're away from home. You just need something to get your blood moving, even if you only have ten minutes.

Walk

It's the best way to actually see a place, it's free, and you don't need to schedule it!

Walk instead of drive	Instead of calling a rideshare, consider walking to your destination! You may even spot a local bakery or shop to check out.
Walk after meals	A few minutes of easy walking after a meal lowers the blood sugar spike that follows it.
Walk the airport	Instead of sitting at the gate, walk around!
Walk the stairs	Pretend the elevator is broken.

Just make sure you bring sneakers you can walk in all day. Cute shoes leave not-so-cute blisters.

Move like you live there

Every place has its own attractions. Find out what the locals do!

Run

Lace up: Run the city or town at your own pace. It's the best way to get your bearings, find places to check out and get to know a place.

Bike

Look for bike share: Most cities have docks near hotels.

Swim

Pack the suit: Hotel pool, lake or ocean.

Drop in classes

Look it up or ask a local: Find a locally recommended yoga class, Pilates studio, climbing gym or spin class. Many welcome walk-ins or offer a free first class!

Paddle

Rent by the hour: You can usually rent kayaks and paddleboards near the water.

Hike

Climb for the view: A lookout trail, a lighthouse, a bell tower, a mountain.

An express workout and a reset

A little floor space, a chair and some tunes are all you need.

10+ Minute Room Workout — 10+ MIN

Set a timer for however long you want to move. Do as many rounds as you can, resting when you need to.

Squats — 15
Sit back like there's a chair behind you, then stand.

Pushups (knees or feet) — 10
Modify by putting your hands on the bed to elevate or dropping your knees to the floor.

Reverse lunges — 10 each side
Step one foot back and lower until both knees bend. Switch sides and repeat.

Plank — 30 sec
Forearms down, body in one straight line. Switch it up by using your hands instead of your forearms.

Make it easier

Slow down, add in rest or use the modifications.

Make it harder

Less rest, more rounds.

Travel Day Reset — 10 MIN

Hours in a seat leave your hips, back, neck and legs stiff. Try this reset to get those cobwebs out and drink some water.

Shoulder rolls — 10 each way

Cat/cow — 8
On hands and knees. Round your back up, then let it sag.

Child's pose — 5 breaths
Knees wide, sit back toward your heels, arms long.

Runner's lunge stretch — 30 sec each side
One knee down, other foot forward. Squeeze your bum and shift forward.

Calf stretch and raises — 8 each side
Hands on the wall, press one heel down, then rise onto your toes.

Glute bridge — 8
On your back, knees bent. Lift your hips and hold 5 seconds.

Knee to chest — 30 sec each side
Lie flat on the floor. Bring one knee up and hug it into your chest. Repeat on the other side.

Research before you go

1. Find a hotel near the movement options that interest you.
2. Prefer a gym? Book a hotel with one and do your normal workout.
3. Look for coffee shops you want to try that are a walk away and make that walk a latte more fun!

Pack this

- ☐ Sneakers
- ☐ A comfortable workout outfit
- ☐ A water bottle

Want a longer workout?

Check out my No Gym Required guide: two full-body circuits you can do anywhere.

> Don't overthink it. Don't stress about it. You're not trying to be perfect.

General education from a health coach, not medical advice. Check with your doctor before starting a new exercise routine, and skip any move that hurts.
Sources: Buffey et al., *Sports Medicine* (2022).

Want help taking your health on the road?
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