

# VACATION IDEAS

## Stay Fit And Have Fun

(NAPSA)—Wherever you go on your next vacation, you may be glad to know you don't have to take time off from feeling fit.

An enjoyable vacation can easily be an active one. Exercise is a great de-stressor, and there are many opportunities to find new ways to get in some exercise and bond as a family at the same time.

Finding ways to incorporate exercise into your travel plans can be done pretty easily. Consider these tips:

**1. Start With Your Hotel and Create a Plan:** Find out what facilities the hotel offers. Many hotel fitness centers are equipped with commercial-grade weight machines, such as the Life Fitness Optima Series Lat Pulldown or Life Fitness Optima Series Tricep Extension, that offer comprehensive strength solutions for all skill levels. It can be a great way to spend some time with your spouse, exercising together, before spending the rest of the day with the kids.

If you're not in a hotel, pack a pair of high-quality, heavy-resistance bands in your suitcase. While resistance bands will not fully replace weights, they offer adequate resistance so you can easily perform bicep curls and shoulder presses.

If you'll be on a cruise ship, check out the fitness center. Many even offer classes that make exercise easy and fun.

**2. Get in Shape Before You Go:** Most tourists do a lot more walking when they are traveling than they do at home, so preparing before your trip is a good idea. Try walking at a moderate pace, outside or on the treadmill, for 20 minutes at a time.

**3. Try Something New:** Without the distraction of your daily grind, a vacation can be an opportune time to start a fitness



**Few things can help you de-stress the way exercise does.**

routine. Strength-training equipment like the cable motion machine lets you perform a wide variety of exercises that build balance, stability and power. Look for instructional placards on the machines to provide easy-to-follow instructions for performing exercises correctly.

**4. Recharge for Each Day:** Just as with weight training, if you normally do cardio as part of your routine, don't skimp on it during vacation. Take a turn on the hotel treadmill or elliptical machine before heading out for the day or when the weather doesn't allow for a run outdoors. Many cardio machines, such as Life Fitness Elevation Series, deliver an immersive exercise experience that motivates users no matter the fitness level. Features such as iPod integration, USB compatibility and the ability to watch TV mean you may take your cardio experience to the next level, even while on vacation.

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