

# Making Life Better

## Three Tips For Planning A Healthy Getaway

(NAPSA)—Staying active and traveling throughout life, according to the U.S. Travel Association, can actually help you age healthier. To that end, here are three tips so you can plan a healthy vacation.

**1. Make a commitment to get going.** A change in surroundings can be a great first step in encouraging yourself to get active. When exploring a new destination, you may be eager to do more. Commit to a trip this year, whether it's a short getaway or a big family vacation.

Use an app to track your steps as you sightsee and build healthy fun into the itinerary, perhaps hiking or watersports. Make it a group experience by bringing along friends and family. You'll encourage each other to stay active and bond during the process.

**2. Find the right place and activities.** Health-minded travel doesn't mean planning a trip you won't enjoy. Focus on what you like to do and the settings that motivate you.

If you prefer mountain views, visit one of the country's scenic ranges, such as the Great Smoky Mountains in Tennessee. The national park there offers lots of trails and rewarding rest spots.

If you'd rather soak up the sun and sand, visit a popular beach spot, such as Myrtle Beach or Charleston's Islands in South Carolina.

Explore all your options. There are many ways to get active, from beach yoga and golf to horseback riding and mountain biking. If you want a goal to train for, some destinations host marathons and races; for instance, there's the Annual Steamboat Springs Mara-



**Whether you hop on a bike or walk along the shoreline, a change in pace and scenery can have valuable physical and emotional benefits.**

thon, Half Marathon and 10K. You may even be able to take advantage of special event lodging deals.

**3. Research health-friendly lodging options.** Following a healthy routine isn't always easy on vacation. Frequent meals out and restaurant-sized portions can make it hard to eat well. Smaller room sizes can also leave little space to accommodate in-home exercise routines.

Look for larger accommodations with homelike amenities, such as vacation rental homes and condos. Many offer multiple bedrooms, so you won't wake up the rest of the family with your morning stretches. Some even offer gyms for more involved workouts. Most vacation rentals also provide fully equipped kitchens. By stocking the kitchen with your own snacks and healthier meal options, you can avoid having to eat out multiple times a day.

To start your planning, you can visit [www.WyndhamVacationRentals.com](http://www.WyndhamVacationRentals.com) for deals on vacation rental homes in some of the country's best beach and mountain spots.