



HEALTH AND WELLBEING CHECKLIST

Date

49

Staying Active During Travel

Staying active while traveling helps maintain your fitness routine and energy levels. Use this checklist to stay on track during trips.

Pack Portable Equipment

- Bring lightweight items like resistance bands or a jump rope.
- Pack breathable workout clothes that are easy to wash and dry.



Research Fitness Options

- Check if your hotel has a gym or look for local fitness studios.
- Research nearby parks or trails for outdoor activities.



Incorporate Walking

- Opt for walking tours or explore your destination on foot.
- Choose stairs over elevators or escalators whenever possible.



Use Bodyweight Exercises

- Perform push-ups, squats, planks, or lunges in your hotel room.
- Create a quick 10-15-minute circuit you can do anywhere.



Stretch After Long Rides

- Stretch your neck, back, and legs after flights or car trips.
- Include moves like hamstring stretches or seated spinal twists.



Schedule Active Activities

- Plan outings like hikes, bike rides, or kayaking trips.
- Choose sightseeing options that involve physical activity.



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Practice Yoga or Pilates

- Use a travel-friendly mat for short yoga or Pilates sessions.
- Follow online videos or apps for guided practice.



Stay Hydrated and Eat Light

- Drink plenty of water to stay energised and prevent fatigue.
- Opt for balanced, light meals to avoid feeling sluggish.



Set a Daily Goal

- Commit to at least 15-30 minutes of physical activity each day.
- Use a step counter or app to track your movement.



Stay Flexible

- Adapt your routine to fit your travel schedule and environment.
- Be creative-use what's available, like park benches or luggage, for exercises.



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