

RADIO ROUNDUP

a collection of features, oddities,
and helpful tips



**NORTH AMERICAN
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183 WORDS, 60 SECONDS

MAKING LIFE BETTER

YOU MAY AGE HEALTHIER IF YOU STAY ACTIVE AND KEEP TRAVELING THROUGHOUT YOUR LIFE. TO THAT END, CONSIDER THREE TIPS FOR PLANNING A HEALTHY VACATION. FIRST, MAKE A COMMITMENT TO GET GOING. CHANGING YOUR SURROUNDINGS CAN BE A GOOD WAY TO ENCOURAGE YOURSELF TO GET ACTIVE. EXPLORING A NEW DESTINATION CAN HELP YOU BE EAGER TO DO MORE. NEXT, FIND THE RIGHT PLACE AND ACTIVITIES. THERE ARE MANY WAYS TO GET ACTIVE, FROM BEACH YOGA AND GOLF IN MYRTLE BEACH TO HORSEBACK RIDING AND MOUNTAIN BIKING IN THE SMOKY MOUNTAINS. THIRD, 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. LOOK FOR LARGE ACCOMMODATIONS WITH HOMELIKE AMENITIES, AS IN VACATION RENTAL HOMES AND CONDOS. SOME OF THESE EVEN HAVE GYMS FOR STICKING TO EXERCISE ROUTINES AND MOST PROVIDE FULLY EQUIPPED KITCHENS. STOCK THE KITCHEN WITH YOUR OWN SNACKS AND HEALTHIER MEAL OPTIONS TO AVOID HAVING TO EAT OUT MULTIPLE TIMES A DAY. TO START YOUR PLANNING, YOU CAN VISIT WYNDHAM-VACATION-RENTALS--DOT--COM.