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# health hints

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## Fit In Fitness While On The Road

(NAPSA)—Oftentimes, travelers find themselves eating too much and exercising too little. In fact, according to the Travel Industry Association of America, only 40 percent of travelers manage to fit in some exercise while away from home. However, staying fit while on the road isn't as challenging as most people think.

According to travel expert and Travel Channel host Tracy Gallagher, "Many people struggle with keeping up their health routines while on the road. Even though there might not be a lot of time between meetings and entertaining clients, travelers don't have to look further than their hotel for ideas on how to sneak in some activity."

Gallagher, who travels an average of one out of five days per year, offers a few of her personal tips to help keep you fit and healthy while on the road.

• **24-hour fitness facilities.** Look for hotels that offer on-site, 24-hour workout facilities so you can go to the gym at a time that is convenient to your schedule. This flexibility allows you to work out as the sun rises or after burning the midnight oil. Many hotels



offer guests complimentary workout facility privileges.

• **Go running.** If you are a runner, search the Internet for local running clubs to join while in town. There are sites that can connect you with other travelers to meet for a run. Statistics show that if you can commit to meeting someone, you are less likely to back out. Sometimes hotel concierges have local routes mapped for running or walking.

• **Try walking.** Opt to walk back to your hotel after a day of meetings or walk to a sightseeing venue. It is an easy way to burn calories and explore the new city

in which you are staying.

• **Take a dip.** An indoor pool can be your best ally for staying fit, especially during the colder months. Consider swimming, or running in shallow water, to raise your heart rate.

• **Work out in your room.** Hotels such as Hilton Garden Inn® feature workout options to help you with your fitness routine by offering the complimentary Stay Fit Kits® that can be checked out at the front desk and can be used in the privacy of your guestroom or in the complimentary workout facility. Each Stay Fit Kit includes a Pilates band, Yoga mat, strap and bricks, eight-pound abs ball, three-pound hand weights and resistance rope. In-room fitness programming is also available to coincide with your Stay Fit Kit workout option, such as Yoga, Pilates, core and general fitness. Each 25- to 30-minute program enables you to have a guided workout.

To find out more about the Hilton Garden Inn Stay Fit Kits or to make reservations, visit [www.StayHGI.com/stayfitkit](http://www.StayHGI.com/stayfitkit) or call (877) STAY-HGI in the U.S., Canada and Mexico.