8 Tips to Stay on Top of Your Fit Lifestyle While Traveling

Traveling--for business or pleasure--can derail your healthy eating and workouts. Keep these tips in mind to stay on track.



- [ ] Pack your active wear! Think top to bottom, and don't forget the right socks and shoes.
- [ ] Pack your travel-friendly equipment: jump rope, resistance tube and/or TRX when you hit the road.
- [ ] Flying? Start hydrating with extra water 24-48 hours in advance.
- [ ] Bring small energizing snacks to stave off hunger--and poor eating choices. (Protein bars, raw nuts, unsweetened dried fruit, thick-skinned fruits are easy to pack options!)
- [ ] Road Tripping? Pack a small cooler with your key staples and dietary needs.
- [ ] Pack a water bottle. You can refill and stay on top of your hydration game in the airport or at the hotel fitness center.
- [ ] Download a fitness app. If you haven't already started using a fitness tracker or workout app, start with a couple of the free downloads/trial and take this time to play with a couple of new workouts.
- [ ] Plan ahead, period. Check out your hotel's fitness center online. Locate trails and parks near your family's home. Map out some time to run or take a city hike for sightseeing.