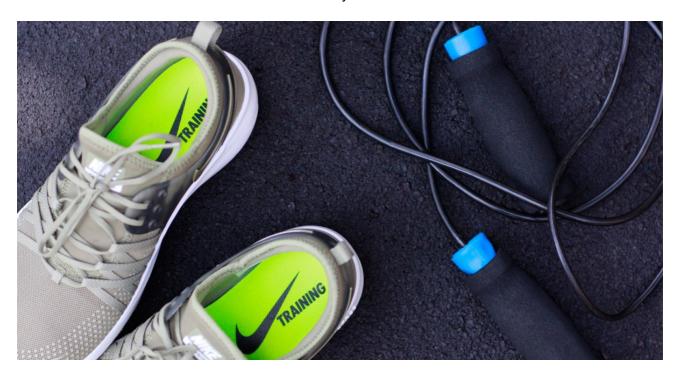
## 8 Tips to Stay on Top of Your Fit Lifestyle While Traveling

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 hungerand 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.