

## How to stay in shape on the road

Staying in shape can be a difficult challenge no matter where you are. It can be especially challenging when you are traveling unless you get a little creative. Exercise can be one of the best ways to see a new area.

I am convinced that there is no better way to get to know an area than by walking or jogging. When you jog in a new area, you see things up close and notice things you would never notice when driving. You can also get a better feel for the area. When walking or jogging, you actually spend time using your senses. Some places have a particular smell due to the trees and foliage common to the area. You feel the wind in your face. Is it humid, dry, warm or cold? Do people seem to be in a hurry or are they more relaxed and friendly? You can learn a great deal by being out in the elements. Biking would be the next best thing. You pass by things a little bit faster, but you still get to use your senses.

If you are used to step aerobics, but you are on the road or haven't found a gym yet, curbs make great steps. I used to do an entire step aerobic routine on the curb at my apartment complex every day when working in North Carolina. I loved being outdoors and I got in great shape.

Finally, a couple of free weights are easy to pack and versatile to forming muscle tone. If you bring two 10 pound weights for instance, you can use them separately or hold both of them in one hand to form a 20 pound weight when you need to lift more.

Yoga and stretching can be done just about anywhere. The toughest part about working out on the road isn't the place, but making the time. You must schedule in the time to work out. Working out must be a priority. When you pack your bags, don't forget to pack your health equipment too, such as weights, yoga mat, and a portable radio player with headphones.