

Health Promotion in Motion

Stay Active “On the Road”

Being away from home can make it harder to stay physically active, because you don't have as much control over your activity choices.



Health Benefits

Staying physically active while away from home can:

- Give you more energy
- Help control your weight
- Help you handle stress
- Help you sleep better
- Help you maintain a positive mood

Before You Leave Home

- Visit your hotel's website to find out if they offer fitness facilities. Find out if there will be extra charges for using the gym, equipment, or pool.
- Pack a comfortable pair of walking shoes and a bathing suit.



At the Rest Stop

If you drive for an extended time, be sure to take a break at a highway rest stop. Remember to:

- Be safe – watch out for cars moving through the parking lot.
- Do some gentle stretches (flexibility exercises). To learn more, go to <http://nhseniorhealth.gov/exercise/olderadults/flexibilityexercises/01.html>
- Take a short walk either on a sidewalk or inside the building.

At the Airport

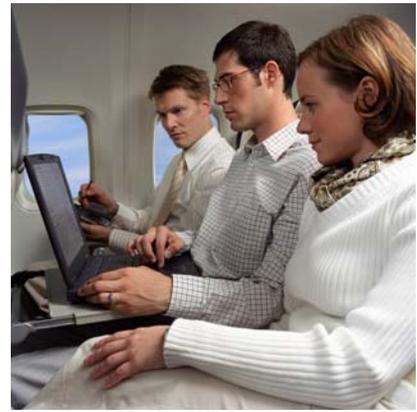
- Airport layovers can be a perfect time for physical activity. Here are some simple ways to move at the airport:
 - Take a 10-minute walk around the airport.
 - Walk and window shop.
 - Take the stairs instead of the escalator.
 - Walk while looking for healthy food choices.
- For longer layovers, some airports now have physical activity facilities that offer a day pass. For information on “airport gyms,” visit: www.airportgyms.com/gyms/usa.html



On the Plane

Try some seated activity on the plane. For example:

- Squeeze a ball or pair of socks with your hands.
- Place your hands, palm up, on your knees. Raise your palms to your shoulders and back to your knees.
- Place hands, palm down, on knees. Bring your hands up to your chest and back to your knees.
- Gently rotate the head from side to side, then gently forward (avoid rotating back).
- Raise your shoulders into a shrug, and then lower them.
- Raise both legs from the ground; then replace.
- Raise one leg at a time.
- Plant your heels on the floor, and raise and lower your toes.
- One foot at a time, "draw" circles while holding your foot just above the floor.



At the Hotel

- Many hotels offer a pool or a fitness facility. One way to make physical activity a part of your travels is to visit the physical activity facilities or pool at the beginning of your day.
- Ask the hotel staff if the area is safe for walking. If it is, ask about nearby walking or running paths.
- If the hotel does not have a pool or an activity room, try one of these ideas:
 - Bring a jump rope in your suitcase.
 - Take the stairs instead of the elevator.
 - Use the stairs to get in a workout – 15 to 30 minutes of stairclimbing meets the physical activity guidelines.
 - Walk to local attractions and restaurants.
 - Do some jumping jacks, sit-ups, and push-ups.



On Vacation

Physical activity can be a part any vacation. Here are some fun ways to be active on your vacation:

- Swim
- Snorkel
- Hike
- Run
- Kayak
- Bicycle
- Golf
- Tennis
- Dance
- Water ski
- In-line skate
- Walk around a theme park
- Walk and shop
- Take a walking tour
- Take the stairs

