



Take your workout on vacation

Vacations are a great escape to relax and enjoy new scenery, but it should not be an escape from fitness. This does not mean you have to do full workouts, but staying active will help release more stress than simply laying around. Making sure you are more active than your usual vacation is very important. Vacations should be full of adventures and not just catching a tan. Staying active is a great way to keep your mind off the usual fast pace life and it could even be the start of a new active lifestyle. Here are four helpful ways to get started on an active vacation and make you feel better than having to lose pounds after a vacation:

- Pick the right location – Stay somewhere with plenty of activities around the area for the family to engage in. (pools, beaches, parks, gyms, trails, within walking distance to site seeing)
- Packing – Packing items to ensure that there are activities to do during down time will be a must. (Frisbee, jump ropes, inflatable toys, football, baseball, gloves)
- Staying hydrated – It is incredibly easy to suffer from a headache while dehydrated. Make sure to pack water bottles and keep an eye on kids who can dehydrate quickly, especially if running around. Also, occasionally swapping alcoholic beverages or soda for water will be a smart move.
- Get adventurous – Trying something new is always fun, so why not pick up surf lessons or go mountain biking? These activities are great way to stay active and get multiple family members involved!

For idea to supplement fitness for your staff, contact Sharon Rateike, corporate wellness program coordinator at (920) 568-5475 or Sharon.Rateike@forthc.com.

