

5 Ways to Stay Fit on Vacation

Because a week at the beach shouldn't make you feel like you need to spend a month at the gym.

By ASHLEY MATEO

Cycle through your next adventure—your body will thank you.

development at Country Walkers, a walking-tour company. “It forces you to slow down and be present in the moment.” Another way to cover more ground: Hop on a bike. Element Hotels offers free two-wheelers to guests, or check out Cycle Cities, which gives guided bike tours in major hubs around the world.

➔ **IT USED TO BE THAT YOU'D CHECK YOUR HEALTHY HABITS** at the airport right along with your luggage. Vacation meant relaxation—not just mentally, but also from all your fitness and diet rules. As more and more people embrace exercise in their everyday lives, though, their getaway rituals are changing. So much so that, according to a recent Expedia.com study, 53 percent of Americans believe it's important to exercise while traveling. But that can be easier said than done when you're confronted with a change of routine and poolside daiquiris on repeat. To stay on track, try working these easy-to-accomplish fitness tips into your next trip.

1/SKIP THE TOUR BUS Traversing a city by foot will help you accomplish two big goals. First, you'll be well on your way to meeting your daily 10,000 steps. The other perk? “Walking lets you truly experience a region like a local,” says Jamen Yeaton-Masi, the vice president of tour

2/PICK A FIT HOTEL The days of dingy, ill-equipped hotel gyms are long gone—now accommodations make getting sweaty part of the experience. At Westin hotels, guests can rent New Balance gear for \$5 and then hit up a 3K or 5K running route plotted

by RunWestin concierges. Similarly, at Fairmont Hotels, President's Club members can borrow Reebok workout clothes as well as a yoga mat and stretch band. Indoor cyclists will love staying at select Westin locations where they can live-stream Peloton classes on a bike in a WestinWORKOUT studio. The Standard Hotels in Miami, L.A., and New York offer Peloton bikes, too. Finally, Hilton has Five Feet to Fitness, where select rooms (for a higher rate) offer more than 11 pieces of equipment and accessories to make in-room workouts easier.

3/TRY A NEW OR LOCAL WORKOUT When you travel to Italy, you don't pass on the pasta, right? Apply that same mind-set to getting active. Not only do destination-specific activities (like rock climbing in Joshua

Tree National Park or surfing in Waikiki) burn a ton of calories, but they are also way more fun than slogging it out on the treadmill. You can also book unique fitness outings with Airbnb Experiences, which are “activities led by locals who are passionate about sharing their talents and interests in sports, wellness, and getting outdoors—think Muay Thai in Bangkok or a hike to waterfalls in Vancouver,” says Riccardo Ulivi, Airbnb Trips market lead, North America. “Whatever you're into, you can get a real taste of the destination without sacrificing your workouts.”

DID YOU KNOW?

Wellness tourism represents more than 15 percent of total tourism revenue—and it's one of the fastest-growing travel categories.

4/BOOK A WELLNESS TRIP

More and more, the importance of self-care is being recognized and embraced—yay! Now, that attitude is carrying over to trip planning. “People want experiences that deliver physical, emotional, spiritual, and environmental health—along with pleasure,” says Beth McGroarty, director of research and PR at the Global Wellness Institute, a nonprofit research and educational organization for the global wellness industry. A few go-to outfits: Look for yoga retreats with Yogascapes, immersive outdoor getaways with REI Adventures, and biking escapades with DuVine or Trek Travel.

5/BRING A TRAINER WITH YOU

If you like guided workouts, travel-friendly choices abound. Download the Nike Training Club app for 100-plus free workouts (such as yoga, circuit training, mobility, etc.). Another cool tech find: For \$40 a year, you can subscribe to the Fitbit Coach app, which offers personalized body-weight and video workouts plus audio coaching based on your fitness level—just sync the brand's Ionic or Versa (\$300 and \$200; fitbit.com) with the app. Beyond that, lots of new streaming platforms are bringing niche workouts to everyone, including Obé (\$27 per month; ourbodyelectric.com) and ClassPass Live (\$70 for a starter kit and \$15 per month; classpass.com). ■

WORK OUT WHILE YOU WAIT

Your layover is no excuse to be lazy, especially with tons of airports offering fitness services in their terminals. Sneak in exercise at these spots before you head to your gate.

ROOM FITNESS:

Baltimore–Washington International Airport
A \$25 day pass gets you access to a 1,175-square-foot gym with cardio equipment, free weights, a stretching space, and reservable showers.

PHX FITNESS TRAIL:

Phoenix Sky Harbor International Airport
Get your steps in on a free interior fitness trail between Gate A30 and Gate D8. It's two miles round-trip and offers stunning views of Camelback Mountain and Piestewa Peak.

YOGA ROOMS:

San Francisco International Airport
The original yoga room here was so popular, the airport opened a second one. The space and mats are free in both.

GOODLIFE FITNESS:

Toronto Pearson International Airport
Rent Reebok gear for \$10 and work out on the cardio machines and free weights for \$15 a day.

G-FORCE HEALTH CLUB:

Dubai International Airport
Swim a few laps or work out 24/7. It's \$13 to use the gym or \$38 for a three-hour package that includes the gym, pool, and sauna.

FLYFIT:

Heathrow Airport
Later this year, travelers can take instructor-led interactive strength, restorative yoga, and cardio classes.

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