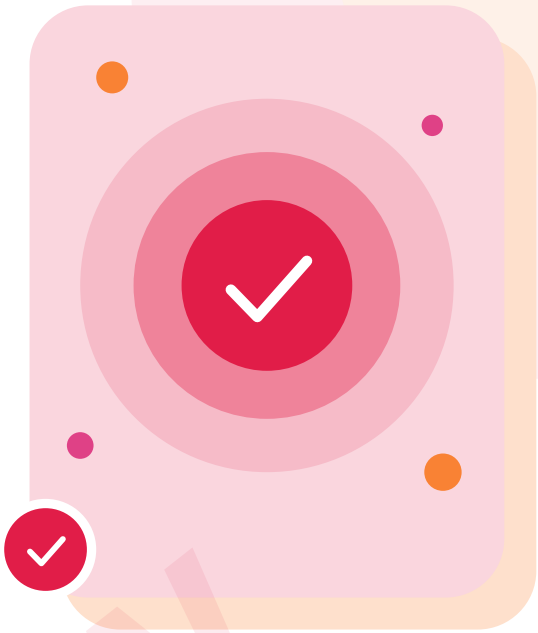
CHECKLIST · HEALTH WELLBEING

FREE PREVIEW

Staying Active During Travel



Staying active while traveling helps maintain your fitness routine and energy levels. Use this checklist to stay on track during trips.

10 steps · Print-ready A4

NAME	START	TARGET DATE

1 **Pack Portable Equipment**

Bring lightweight items like resistance bands or a jump rope. Pack breathable workout clothes that are easy to wash and dry.

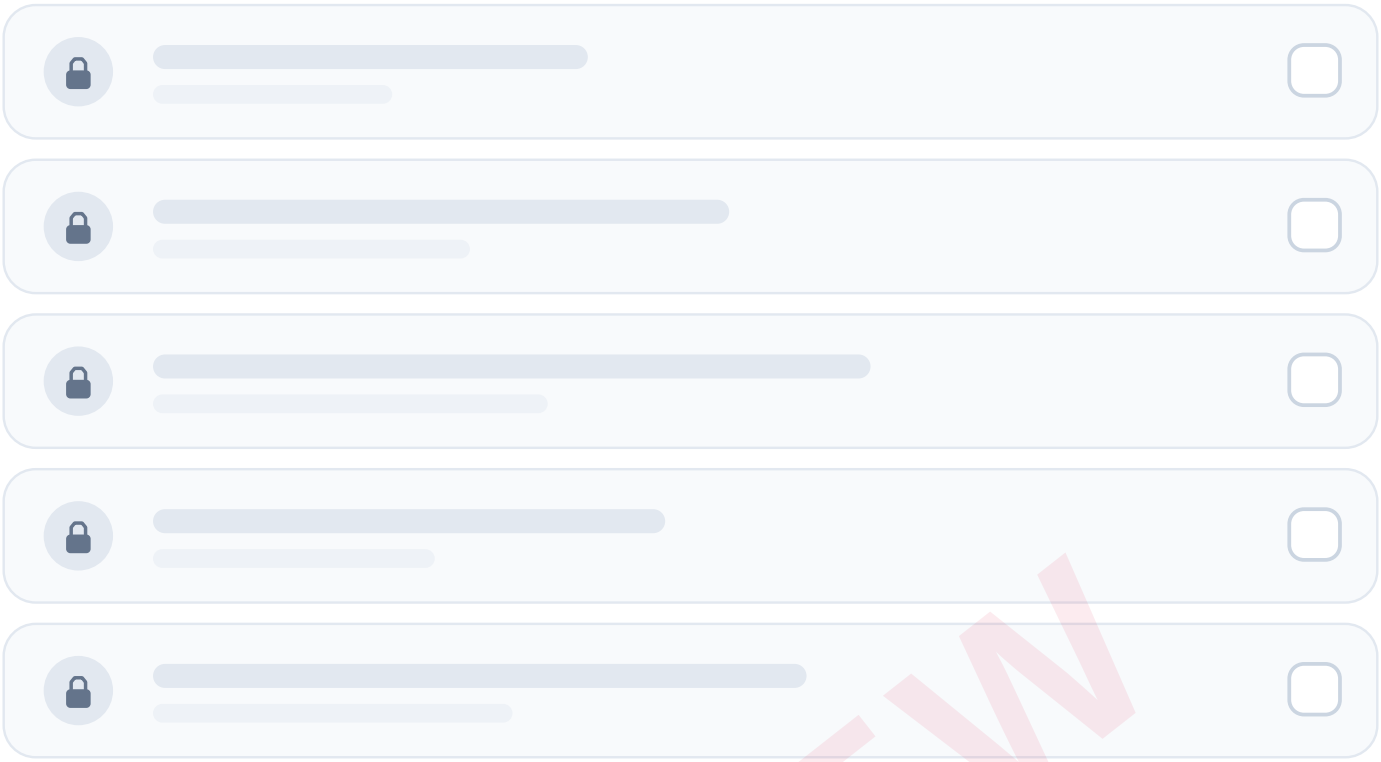
2 **Research Fitness Options**

Check if your hotel has a gym or look for local fitness studios. Research nearby parks or trails for outdoor activities.

3 **Incorporate Walking**

Opt for walking tours or explore your destination on foot. Choose stairs over elevators or escalators whenever possible.

PREVIEW



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