

VitaMin

Vital health information in a minute



Stay fit when you travel

Try some of these tips for staying active and fit while you and your family are vacationing:

- Wear your walking shoes and follow a map to nearby attractions
- Pack your gear: Resistance bands, a yoga mat or workout DVD
- Use the fitness room or pool at your hotel; take the stairs instead of the elevator
- Rent a bike and explore local bike trails
- Skip the sightseeing bus and sign up for a walking tour
- Check out nearby parks for walking, jogging or paddling a canoe or kayak
- Take frequent breaks on road trips to stretch your legs and walk around



When you're at home having a "staycation," try this recipe for [Lemon Pepper Shrimp Scampi](#)

GO YOU.



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