

5 Ways to Stay Fit on Vacation

BY ERIN GIFFORD | DECEMBER 23, 2014



It can be easy to let fitness go by the wayside when you travel. After all, isn't that what vacation is for — taking a break from your normal routine? But staying fit on the road doesn't have to be difficult. In fact, it can be more fun than exercising at home thanks to all the hotel wellness programs and fitness-focused vacation packages available. Whether it's running, biking, stand-up paddleboarding or simply taking a walk through nature, here are five ways to incorporate exercise into your travels.

5. Look for fitness programs and lessons

It's easier to get in a workout when someone else is leading the way. [Malliouhana Hotel & Spa in Anguilla](#) offers a bevy of outdoor fitness programs, ranging from paddleboard and sunrise yoga to beach boot camp workouts. Meanwhile, [Hawks Cay Resort](#) in the Florida Keys offers a selection of water sports, as well as tennis and kiteboarding lessons and even diving and snorkeling programs that allow guests to swim with dolphins.

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