

## Incorporating Exercises When on Vacation

### Swimming

If the vacation is by a beach or a pool then swimming is an excellent sport to take as a daily exercise. It is one of the best to take up whilst away. It will make the body fit and healthy working every muscle and giving you strength and vitality. It will, also, burn lots of calories compensating for all those extra foods eaten. If you cannot swim, then just simple movements such as jumping or walking in the pool will help.

### Walking

This is another exercise that can easily be taken up on vacation. An hour walk a day can make the world of difference. Take a walk to the beach, to the shops, sightseeing walks or stroll after dinner in the evening. It doesn't have to be a strenuous walk, just easy steps to give you some movement whilst on vacation.

### Water Skiing

If you are an avid swimmer and love water sports, then water skiing is a good exercise too. Take the chance and get out there in the water. Show off your talents at this sport. Be a devil!

### Pedal Boats

Hiring a pedal boat at the beach can give you some form of exercise if you pedal it. It will work those leg muscles and keep them in shape whilst away. You will not have to worry about having to work out at a gym.

### Ride A Bicycle

Hire a bike and pedal around. This is an energetic way to keep you in shape whilst eating your favourite foods on your vacation. It's a brilliant way to tone the body too and burning all those excess calories that have been eaten.

### Horse Riding

If this is available as an excursion sport such as taking a ride along a beach or through countryside then take the opportunity of doing it. It's still exercising.

### Skiing

If you are on a skiing vacation, then skiing will be the ultimate exercise here. If you cannot ski then learn. Even the smallest of movements will be helpful.

### Wind Surfing

This is, also, a beach one. Wind surfing can keep the body in tone, as you are using your balance to keep afloat. So, if you love this sport then do not hesitate doing it.

### Surfing

If you are able to surf or can take lessons, then this will tone your body no problem. The movement and balancing effect is an excellent form of exercise.

### Using a Gym

If your hotel has a gym then definitely take advantage of this. Visit the gym once a day after breakfast or even before. This would be a great way of not having to loose out on your daily regime whilst being away from home. It's not something that most people want to do when away, but it will still keep you in shape.

Overall, I would say that swimming, walking, skiing and pedaling a boat to be the most used form of exercise for the majority of people whilst on vacation, but all of the above are still good ways of keeping yourself fit when away.

### About the Author

RipCORDS™ - Original [exercise bands](#), [fitness bands](#), [resistance bands](#), [resistance tubing](#), stretch bands and tension bands provide muscle growth, circuit training, cardio and muscle toning. The original RipCORDS exercise bands as seen on TV with kickboxing champion Michael McDonald's resistance training program.

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