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## **CHOOSE TO MOVE**<sup>®</sup>

# **How Do I CHOOSE TO MOVE<sup>SM</sup> While Traveling?**

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*Choose To Move is the American Heart Association's physical activity program created just for women. About 480,000 American women die each year from cardiovascular disease, including stroke. Staying physically fit can help you feel better and live longer.*

Business or leisure travel can both be stressful and lead to weight gain and less physical activity. Make your trip stress-free and heart-healthy with these easy tips.



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### **What can I do about a long trip?**

Going on a long drive or plane trip can leave you feeling stressed and not-so-motivated. Think of this as an opportunity to relax your mind and nourish your body by choosing to be healthy.

If you are traveling, try to:

- Stop at historical landmarks and walk around to see the sights!

- Stock up on healthy snacks for the road.
- Stand up and do calf raises or stretches instead of sitting at the airport.
- Walk around the airport.

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### **How can I stay healthy during my vacation?**

Many hotels and resorts offer some type of fitness room for guests. This can be an excellent option, especially for those traveling on business. If you aren't wild about spending time in the fitness room:

- Tune in to the TV for workout shows like yoga or low-impact aerobics.

- Take a walking tour; it's a great way to sightsee and enjoy exercise.
- Rent a bike or take a bike tour; they're available in many cities. It's a fast, fun way to see the sights!

