



## Be Fit for the Beach... and Everywhere Else!

Luci Gabel  
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The summer is a great time to travel. We leave our homes and routines in exchange for excitement, new places and new activities. These trips are healthy breaks for the mind and body, but it's not healthy to escape our regular exercise routine for too long.

Research says that if you neglect cardiovascular exercise for more than 2 weeks, your stamina will start to diminish. And if you neglect strength training for the same amount of time, you'll start to lose that hard earned, well-toned body. The good news is you can maintain your stamina and strength with a minimum of two cardio and two strength workouts a week.

Walking, running, or bicycling is easy to incorporate while on a trip, especially if there's a lot to see on foot or by bike. But what about strength training? Many of us do regular strength training to keep metabolism going, prevent bone loss, stay strong, and look good. Not to mention, right after we strength train our muscles get "pumped" – they hold more water and therefore look more toned and defined – which is a great look when on the beach and at summer parties.

But for most people, strength training on vacation isn't as easy to do as walking or running. Maybe it's because we can't bring our gym with us... Rest assured there are ways to do it, and it can be easy. Here are five tips to get you started:

**1 - Have a repertoire of exercises you can do without equipment.** There are many exercises that, when done correctly, can give you the training you need without a gym. If you need help designing a routine, ask a trainer or instructor to put a list together for you (see also #5), check out your favorite fitness magazine, or go to my website: [www.youtube.com/lucifit](http://www.youtube.com/lucifit), where you'll find exercises comprising a total body workout "sans gym" (one of which I demonstrate on my latest vacation in Las Vegas).

**2 - Bring a resistance band.** Resistance bands are light, take little space in the suitcase and are made for people of every fitness level (including strong males). Bands make back, bicep and tricep exercises simple, and add resistance to leg exercises. They're available at any sports store, and you can get ideas for your band workout at my website: [www.youtube.com/lucifit](http://www.youtube.com/lucifit).

**3 - Bring your favorite boot-camp video.** Boot camp is modeled after exercises soldiers do outdoors utilizing their own body weight. Some exercises on the video might require equipment but, even if you skip those, the workout should suffice.

**4 - Choose a hotel with a gym or pay for a day pass.** If you're going to be away for more than a week, it pays to choose a hotel with a gym. If you're visiting someone, many gyms offer day-passes for a reasonable fee. Check out the gyms in your location and pay for a couple of days. You'll find it's worth the physical and mental health.

**5 - Bring your trainer with you.** It's not as far-fetched as it sounds, and it actually doesn't require an extra bed! I offer full and half- hour personal training sessions on Skype. All you need is a computer and a video cam to get your personal, at-home, kick-butt workout. If you're self-motivated, you can get a personalized exercise routine via e-mail to do on your own, it comes complete with pictures and video. Finally, if you're



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looking for accountability, monthly online training (MO training) is another good option. In MO training you get your own personal workout and a private web page to report each time you exercise – I watch your progress, give you feedback and new routines as you go along. (Skype workouts: \$80/\$45, on-line workout: \$40/ea, MO training: \$130/ month.) E-mail me or call if you're interested!

Summer breaks are important for your health, and it's just as important to keep your regular workouts going. The good news is there are many ways to exercise when you're not at home and I'm here to help. Feel free to call or e-mail me if you have any questions. And remember: No matter where you go, your workout can always go with you!

*It's recommended that you talk to your doctor before starting to workout. This is basic exercise information for the general public. If you have injuries or other physical limitations, this exercise may not be appropriate. A good rule of thumb: If it doesn't feel good- don't do it!*

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