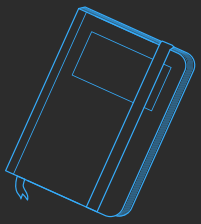
FIVE TIPS FOR

KEEPING IN SHAPE WHILE TRAVELING

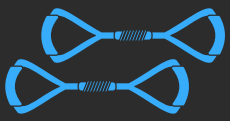
PLAN AHEAD FOR HOW AND WHEN YOU WILL GET YOUR EXERCISE IN.

HAVE YOUR WORKOUTS WRITTEN OUT BEFORE YOU START THEM.



LET YOUR PERSONAL TRAINER KNOW WHEN YOU'VE COMPLETED YOUR WORKOUTS AND HOW YOU DID.

IF YOU HAVE LIGHTWEIGHT EQUIPMENT LIKE RESISTANCE BANDS OR A SUSPENSION TRAINER, PACK IT WITH YOU!



DON'T FORGET YOUR ATHLETIC SHOES!