

# ARE YOU READY FOR YOUR BEACH VACATION?

by: Nadia Bender



Here are a few “FIT” Tips To Keep Your Healthy Lifestyle Routine during your vacation

Before your trip:

- Pack your running shoes and workout wear in your Fitness that Fits (FTF) bag
- Bring sunscreen & a water bottle
- Write down in your FTF journal 3 Fitness and 3 Nutrition goals for your trip

For example:

1. I will have a minimum of 2 servings of fruit and vegetables daily
2. I will do 10 bench dips using the pool ledge twice a day
3. I will do at least 10 min. of jumping waves daily

\*Call us for more suggestions\*

During the trip:

- While on the plane, get up and stretch every hour so you don't get stiff
- Find a scheduled fitness activity at the resort to keep you active
- Drink two glasses of water after every alcoholic drink to keep you hydrated
- Take a daily walk on the beach in the early morning and early evening

After your trip:

- The day after you return from your trip attend a fitness class to get back into your regular exercise program
- Start with a yoga class to gently ease back into your fitness schedule
- Bring us a picture from your vacation that shows our FTF logo and redeem it for an FTF gift

Enjoy your vacation and don't dwell on the overindulging during your trip – just get back into your healthy lifestyle routine immediately when you return! Need some motivation to push you? Then just give us a call 416-231-BFIT.

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