

Fitting in Fitness on Your Cottage Weekend Trip

So here I am at a cottage for the long weekend enjoying the relaxing time!

Well, not really. It's now four weeks since my heart attack and I just want to be as strong and fit as I was before my heart attack.

So relaxing was not on my mind in the same way it might be on yours when you want to escape your work/kids/routines. I just want to get right back into my work as a personal trainer and fitness instructor because I miss it so much. I miss the familiar muscle aches and pain that made me feel so good and made me so strong!

I think when you are restricted from doing an activity or having a specific treat, you crave it so much more. I have not been able to physically teach any fitness classes or train my clients since my heart attack and that has been such a strain on my psyche. So I started to look for ways that I could fit exercise into my day while at the cottage to help build up my strength and endurance.

The cottage was in Picton so I decided to take a walk every morning to the local coffee shop in order to enjoy my morning latte. Then when I was preparing meals in the kitchen I would use the window sill and do push-ups while I was waiting for the food to cook.

When the kids were busy on their computer gadgets I was lifting my light weights and doing walking lunges and side squats back and forth through the dining room. Yes my kids occasionally looked up at me but didn't say anything because they are used to me doing exercises when we are away from home.

At night I would use the bed to work on my ab exercises. I would lie with my butt at the edge of the bed and do elbow-to-knee bicycle work with my legs. Then I would do double knees to chest and full leg extensions parallel to the bed. Then I would flip over on my elbows and hold the plank with one leg elevated in the air.

At the beach I parked the car far from the beach cafe to make my kids walk with me to earn a treat.

Then on the drive back home I made sure to pull over every hour because I had to stretch my body and decided to walk some laps in the parking lot before I got my Starbucks drink. Yes my kids think I'm crazy, but it also brought back memories of when I was a kid and my mom would be doing the same thing while we were at a rest stop.

Boy, every little bit you do does count in helping increase muscle and build strength. The best part is coming back from a weekend away and not having gained any weight. All it takes is a little planning and organizing. Packing your runners and workout wear, and having your free weights packed in your car means you are all set for no excuses!

Next time you are planning a trip, let us be your guide to help you organize your exercises so you don't miss out on your fitness routine and you come back feeling energized!

Submitted by Nadia Bender

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