

Fit For Travel

We all know that traveling while trying to maintain a fitness routine can be tough. Grabbing fast food at the airport (or off a turnpike); getting out of your normal routine. It's rough and we sympathize. But only so much—get going, we say! So whether you're jet-setting or traveling for work, grab these 5 lightweight, yet beneficial, products and stay fit!



1. AquaBell travel weights. Empty, the pair weighs just 26 ounces—easy enough to pack flat in your suitcase or overnight travel bag. When you're ready to workout, just fill them with water and you're good to go on your strength training routine. Can you believe they have a capacity of 16 pounds? No need to leave your hotel room, you can lift weights in your pajamas if you want to! \$49.95 at Active Living, 800.377.8033.

2. Go Fit power tube and DVD. Another great way to strengthen and tone your muscles. Resistance bands and power tubes range anywhere from 5-20 pounds of resistance and offer another travel-light option. Roll 'em or fold 'em, they will fit snugly in any carry-on luggage. \$17.99 at At Home Fitness, 480.951.6951.

3. Go Fit weighted jump rope. This often-forgotten compact fitness gear packs a considerable punch in the workout arena. Think of it as whole body conditioning. You can improve balance, coordination, strength, agility and bring up that heart rate quickly. Not bad for something so small you can pack it an overnight bag! Plus, you burn mucho calories. \$14.99 at Sports Authority, 480.563.4009.

4. Perfect Pushup's mobile unit. Remember seeing these advertised on an infomercial? Well, now they are available locally. We've heard all the hype about how pushups are one of the best exercises for whole body conditioning. By adding pushups to your workout routine, you can buff your upper body and core. Plus, they weigh in at just 2 pounds! \$29.99 at Target, 480.860.2800.

5. Speedo webbed swim gloves. Who doesn't love a dip in a pool? Why not kill 2 birds with 1 stone and enjoy a low-impact upper body workout. Bring them to the hotel pool to add extra resistance to your swim. \$19.99 at Sports Authority.

