

News Release From:  
University of Missouri Extension  
Northwest Region

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### **Stay Fit at Home or Away**

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Staying fit at home can be part of the daily routine. But when one is away from home or when new activities keep a person from doing the regular routine, getting adequate physical activity may be more of a challenge. Fitness is still important though whether at home or away.

When staying away from home, plan time for aerobic activity. The [American College of Sports Medicine](#) (ACSM) recommends adults “engage in at least 150 minutes of moderate-intensity exercise each week.” To fit this is while staying at a hotel, take advantage of the fitness room or pool. If there are no special facilities, walk the halls and stairs or parking lot or find a location nearby. Many cities have parks, fitness centers, a YMCA or public gym. There are many options for getting some cardiovascular activity in at these types of facilities. Many communities also have a large store or mall to walk in, outdoor walking, biking or skating trails and fitness trails. A fitness trail, or parcourse, provides for both the aerobic exercise of walking, jogging or running the course and calisthenics stations such as jumping jacks or stair stepping, along with strength training stops for exercises such as crunches or chin-ups.

Strengthening exercise is also an important component for overall fitness. ACSM recommends that adults train each major muscle group two or three days each week on non-consecutive days to help improve strength and power. “For each exercise, 8-12 repetitions improve strength and power, 10-15 repetitions improve strength in middle-age and older persons starting exercise, and 15-20 repetitions improve muscular endurance.”

The resistance for strength training exercises can be created by using hand weights and ankle weights. When traveling, there are some options for strength training. Free weights or weight machines may be available in a hotel’s fitness room or at a nearby gym. Many hotels that do not have their own work-out facilities have a cooperative agreement with a local business and patrons can get free or reduced-rate use of equipment. An alternative is to bring resistance bands or tubes. These are light-weight, take up little space, and make a work-out possible just about anywhere or anytime. They come in a variety of resistances so select carefully.

For more information on staying fit at home or away, or any other topic, please contact me, Janet Hackert, at 660-425-6434 or [HackertJ@missouri.edu](mailto:HackertJ@missouri.edu) or your local University of Missouri Extension office.

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