



Spring Break: Fitness Vacations

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MORE INFORMATION

Fitness Vacations

April is the month for spring break. People from all over the U.S. will leave for warmer climates, sandy beaches, and blue water. You come back home with a nice tan and fun stories. Vacations are always fun, but you can come back home carrying 1-7 pounds of extra body weight. All of the delicious food and drinks make it easy to indulge. The easiest way to avoid that is to take a fitness vacation. If you are a fitness guru, you can visit these spots to hang out with other fitness fanatics. If you are trying to lose weight, you can attend a weight loss boot camp to find new ways to exercise and eat. They also give you the tools to continue the journey at home.

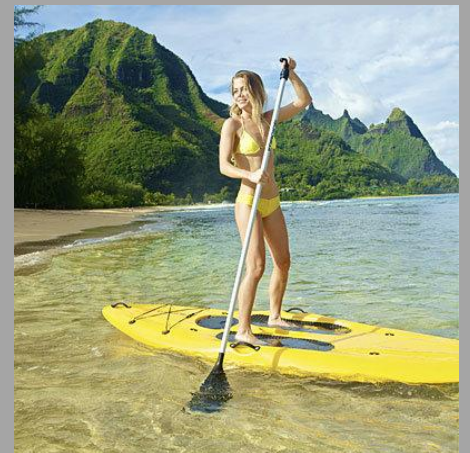
Fitness vacations are a great option to see the world while learning life skills about being healthy. You can pick resorts that are more vigorous

or others that focus on nutrition and relaxation. Each fitness vacation spot is trying to keep you active and give you lifelong healthy habits all while seeing the world in a different way.

There are many options out there that would offer a great way to get in shape while on vacation. You can find some that offer a nutritionist, classes, and spa treatments for a total body revamp. Some places offer a comprehensive health and fitness assessment, beachside yoga, cooking classes, and fighting lessons. Others might take you backpacking, hiking, biking, or even skiing. Some are a weight-loss boot camp focused on losing pounds and keeping them off. For those who love to be world travelers, many fitness vacations are offered overseas. You can visit



Travel Channel breaks down the best fitness boot camps.



Health.com gives us the 10 most slimming vacations

Australia, Indonesia, Phuket, or Thailand. There are options to go snow skiing and snowboarding in France, Australia, and Japan. If you are into mountain biking, you can find destinations like Newfoundland or Chile.

If staying stateside is more your thing, do not worry. The USA has many great options as well. You can go to Aspen for a ski trip. Plan a fitness vacation yourself, or use a retreat that has an itinerary for you. There are even options to run through wine country or stay with Cross Fitters in Maui to do all the burpees you can handle with Paleo-friendly foods.

Each vacation comes with its own price tag, options, and support. You can go to gain the tools to help you lose weight, or to see the world while being active. The choice is up to you. You should get going though, and here are four reasons why:

1. See new places. When you are biking, running, hiking, or swimming through a

location, you are seeing things from a different perspective. You are engaging yourself into that culture more than staying at a typical resort. Your experiences will be like no others and each one will be unique.

2. Come back refreshed. Exercise and eating right will make you feel rejuvenated. Exercise releases chemicals in our brain that make us happier.
3. You won't come back heavier. You were able to spend an amazing vacation in some of the most beautiful places in the world without gaining a pound. In fact, you will probably lose a few pounds.

4. Come back prepared. Most fitness vacations offer coaching or instructional service during your time with them. They are able to set you up for success even when you return home.

If you have already planned your spring break, and it does not include one of these amazing fitness choices, be sure that you have a plan to stay healthy. There are ways to make sure that you enjoy your spring break without having to add on the pounds.

Remember to prepare for travel with healthy snacks and water. Plan to exercise on your vacation. Avoid overeating at restaurants. And remember to indulge in moderation.

The next time you are looking for a great vacation idea, look into the fitness vacations that are offered. See the world in a new light and be open to working hard. You will be glad that you did.

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