

Exercise & Relaxation

When thinking about a relaxing vacation, exercise might not be the first thing to come to mind. It can be difficult to find motivation to keep active on vacation or continue to exercise in an unfamiliar environment. Here are some ways you can get quality exercise during your break while still enjoying yourself.

Take a hike



Hiking a nature trail or mountain burns about **400 calories** per hour, the equivalent of two Krispy Kreme donuts.

Adding elevation and a quick yet steady pace will provide maximum calorie burning and increase endurance and leg strength.



Shopping

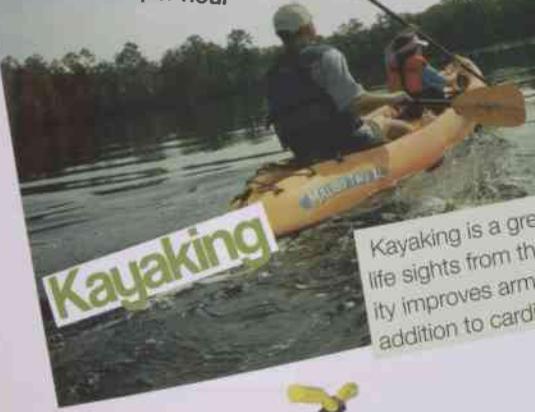
burns **170 calories** per hour

...or the equivalent to one large bag of Nerds

Walking through museums, stores and neighborhoods for hours can add up to a large amount of miles. Carrying decent-sized, full shopping bags and backpacks will also help with arm strength.

burns about **340 calories** per hour

...that's equal to a Starbucks Mud Pie Ice Cream Bar



Kayaking

Kayaking is a great way to see some wild-life sights from the water. This aerobic activity improves arm, abs and back strength in addition to cardiovascular ability.

Beach volleyball



Walking, running and playing on the sand is easier on foot and burns more calories. Volleyball helps with leg and arm strength.

burns more than **470 calories** per hour



Ride a bike

burns **500 calories** per hour

...or the equivalent to a McDonalds Quarter Pounder with cheese

Biking is a quick, accessible and relatively cheap way to travel around a city. Most cities also now have a convenient bike rental system and bike paths throughout the city.



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