# Ways to Cope: Getting Active Away from Home

It can be challenging to stay active away from home. Getting away from your routine and your regular activity cues can have a big impact on your health while you travel. Here are some common challenges and ways to cope with them. Write your own ideas in the column that says "Other Ways to Cope." Check off each idea you try.

| Challenges | Ways to Cope | Other Ways to Cope |
|---|---|---|
| I'm too busy seeing sights. | ☐ See sights while you are active (walk, bike, hike, ski, swim, or paddle). | |
| I'm visiting friends or family. | ☐ Tell them that you are being active to improve your whole body health.<br>☐ Look for activities that they can do with you. Invite them to join you. | |
| I have to travel a long way, which means a lot of sitting. | ☐ If you're a passenger, do leg lifts while you ride. You can do this in a car or on a plane.<br>☐ Take a train. You'll be able to walk around a little.<br>☐ If you travel by car, make time for a 2-minute fitness break every 30 minutes.<br>☐ If traveling by plane, walk around the airport while you wait for your flight. Request an aisle seat so you can easily take standing breaks during the flight. | |

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|---|---|---|
| I don't know my way around, so I don't know where to walk. | ☐ Use walking as a chance to get to know the area.<br>☐ Buy a map and explore.<br>☐ Ask local people where to walk.<br>☐ Find maps and route ideas on your computer.<br>☐ Get a mapping app for your smartphone.<br>☐ Walk inside a local mall. | |
| I can't use my fitness center or home equipment. | ☐ Find out if there's a local fitness center that you can use.<br>☐ Stay at a hotel that has a fitness center or pool.<br>☐ Pack a resistance band.<br>☐ Rent a bike.<br>☐ Be active in ways that don't require fitness equipment (walk, march in place, dance, do wall push-ups, climb stairs, or use a fitness app). | |
| I don't have my workout buddy. | ☐ Ask someone else to be active with you.<br>☐ Be active by yourself.<br>☐ Join an online fitness group.<br>☐ Contact your workout buddy for support. | |

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