How to fit in exercise while you travel

By Shivani Vora, New York Times

Think you won’t have time to exercise on your next vacation? Not according to Annette Lang, a New York City-based certified personal trainer. “You can actually maintain and even improve your fitness level when you’re on the road,” she said. “And, you don’t have to bother with a gym to do it.”

Lang naturally has plenty of tips on how to get some exercise while you travel. Here are some of the ones she offers her clients when they tell her they’re leaving town.

Think about how you can include some activity on each day of your getaway, Lang said. If you’re in an urban destination that has a bike share program, for example, consider renting a bike for an hour or two, and take a ride along a waterfront or other scenic part of town.

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