

Inspiration board

FITCATION GURU

Fitness. Adventure. Mindfulness.



FIT-CATION!

Almost 50 per cent of us gain weight while on holiday. Here, Naomi Chrisoulakis asks the experts to reveal how you can have fun and stay fit while you're on leave

A guilt-free getaway is not of the quieter roads. "Here's a hike and just a way of avoiding the car in the driveway as much as possible," explains fitness expert Naomi Chrisoulakis. And don't miss out on the local seriously fit, and fitness, co-ops. It's a new way of staying fit while on holiday. Naomi Chrisoulakis asks the experts to reveal how you can have fun and stay fit while you're on leave.

fitness for...
country escape
It's all about the climb. Take advantage of rough landscapes and rolling hills by conquering them. Find a mountain to climb or a hill to hike. "There's nothing better for the body than challenging it with new exercises," says personal trainer Blake Worrell. Thompson (www.mindandbodywellness.com). "Despite the fact that 'hiking' sounds relatively easy, it'll be challenging on the body because it isn't used to it." If you're staying in a small town, take advantage of the quieter roads. "Here's a hike and just a way of avoiding the car in the driveway as much as possible," explains fitness expert Naomi Chrisoulakis. And don't miss out on the local seriously fit, and fitness, co-ops. It's a new way of staying fit while on holiday. Naomi Chrisoulakis asks the experts to reveal how you can have fun and stay fit while you're on leave.

fitness for...
beach holiday
We get it: you're busy with that tan and tropical cocktail, the thought of exercising is nailing the whole vibe. Thing is, the beach holiday is precisely made for subtle ways to keep your fitness levels up without even stepping foot into a hotel gym - or putting on shoes. To start with, walking or running on soft sand burns up to 30 per cent more kilojoules than when you're pounding the pavement, so make a modest effort part of your daily routine. Stepping away from the beach might also mean you pick up more fun times. "Try taking a water sports lesson for a laugh, like surfing or windsurfing," advises Worrell. "Not just head to a water sports park - even without kids you'll get a great workout!" Overlook it at the breakfast buffet? Worrell Thompson advises a beach-based workout. "Start at the base of the water and swim 50 strokes out, 50 strokes back. Run to the top of the beach, turn around and head back to the water for 40 strokes out and 40 strokes back. Gradually work your way down to 10 strokes out, 10 strokes back with a run up the beach in between." Now you're really getting that extra cocktail.

fitness for...
city break
"Walk, everywhere," personal trainer Lucy Hines tells clients going on an urban escape. "It's easy, costs nothing and allows you to see the place in a completely different light." And it makes stepping at that little hotelier's offer to find a local guide (and workout buddy) who will literally run you through the city's history and beautiful landmarks. "If you're in the city, try tracking down the local gym," says Worrell Thompson, for the kind of group fitness class you would find back home.

ways to work out (without feeling it)

These fun holiday activities smooth a surprising number of kilojoules per half hour

Throwing a Frisbee 470 Horse riding 625 Beach volleyball 1200 Kayaking 780 Snowkiting 780 Running up the dunes 800 Hiking 900 Walking around the pool 900 Tennis 1200 Bicycling 1200 Walking along the beach 1300 Golf 1500 Playing pool 1600 Rock climbing 1710 Badminton 1750 Tai Chi 825

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'FITCATION'

(Noun) A holiday that combines fitness with relaxation

fit(ness) + (va)cation



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