

Five Fun Ways to Stay Active on Road Trips

1. Walk around a rest stop

- Many rest stops are in scenic places. Even when the scenery is boring, there are plenty of people to watch. Instead of jumping back into the car after your bathroom break, take ten minutes to stretch your legs. If you have a dog, that's a great reason for both of you to walk around the perimeter a couple of times. No dog? No problem! Take a couple of laps by yourself or with your travel companions. Remember, every step counts!

2. Explore a roadside attraction

- America's highways are lined with interesting and bizarre places to explore, from historical markers to giant sculptures of bears and lumberjacks. On your next trip, plan to take a couple of 30-minute breaks to discover something new along your route. Physical activity helps drivers feel more alert and makes kids less restless. And, who knows, you might create a wonderful family memory along the way!

3. Play in a park

- City parks, county parks, state parks, national parks, slides, swings, climbing structures, swimming pools, sandy beaches, nature trails, guided walks and more -- there are unlimited options for active fun in parks and recreation areas across the country. Many are free and most of the others have reasonable admission fees. All you have to do is get out of the car and walk, run, stretch, swing, roll, climb or paddle your way to a more active life.

4. Carry physical activity "equipment" in your car

- Bikes, canoes and rafts are great ways to fit your activity in as you travel. However, sports equipment doesn't need to be big, heavy or expensive in order to be fun and healthy. A bat and baseball, a Frisbee or a boomerang are all small, portable and cheap ways to have fun anywhere. A quick game of catch or Frisbee can be played by everyone, anywhere -- from a rest stop to an empty schoolyard.

5. Try some Commuter Aerobics™

- If you'd like a bit more "serious" car-based workout, check out Commuter Aerobics™ by Cinder at www.commuteraerobics.com. You can read about her specially-designed exercises, including a rest stop series, online or order an audiotape with background music for \$10. The idea is to practice proper posture and strengthen various muscle groups while driving and following Cinder's safety guidelines at all times.