

Are You Fit to Play?
New Zone Workout Series™ On-Demand Fitness Videos
Helps Travelers Add 'Mileage' and Fun to Vacations & Getaways

Vacations can be anything but relaxing. Long hours in the air and on the road coupled with a **dawn-to-dusk round of shopping, sightseeing, sports, and theme park visits** can leave leisure travelers **tired, stiff, sore, and achy**. To enjoy their getaways, vacationers should **"Spend as little as 20 minutes a day working out,"** suggests **Leah Garcia**. "They'll feel stronger, sleep better, and have more energy to enjoy every aspect of their trip. Plus, working out means they can enjoy an occasional guilt-free gourmet splurge!"

To increase energy and build stamina to get travelers through long, active days, Leah suggests the following **Zone Workout Series™ combinations, which can be varied based on the length of a trip**. The Zone Workout Series™ is available at leading hotels in the U.S., Canada, and Resort Destinations.

<u>Fitness Level</u>	<u>Day One</u>	<u>Day Two</u>	<u>Day Three</u>
Travel Days: Relax and recharge with Yoga , an ideal routine to begin—or end—those long, hectic days at the beginning and end of your vacation.			
<u>Beginner</u> >> Don't overdo it; stop before you're tired >> Start the day with an invigorating routine >> End the day with a relaxing workout	<ul style="list-style-type: none"> • Cardio Stretching <i>and/or</i> <ul style="list-style-type: none"> • Yoga 	<ul style="list-style-type: none"> • Total Body Workout <i>and/or</i> <ul style="list-style-type: none"> • Yoga 	<ul style="list-style-type: none"> • Cardio Stretching <i>and/or</i> <ul style="list-style-type: none"> • Yoga
<u>Intermediate:</u> >> Short on time? Opt for a single routine in the morning or evening >> Capitalize on your energy: Do two routines in the same session	<ul style="list-style-type: none"> • Pilates <i>and/or</i> <ul style="list-style-type: none"> • Total Body Workout 	<ul style="list-style-type: none"> • Total Body Workout <i>and/or</i> <ul style="list-style-type: none"> • Core Conditioning • Yoga 	<ul style="list-style-type: none"> • Cardio Stretching <i>and/or</i> <ul style="list-style-type: none"> • Total Body Workout • Pilates
<u>Advanced</u> >> Pick two or more each day in suggested order >> Consider your fitness objective and energy level >> Split routines between morning and evening sessions	<ol style="list-style-type: none"> 1. Total Body Workout 2. Pilates 	<ol style="list-style-type: none"> 1. Cardio Stretching 2. Pilates 3. Yoga 	<ol style="list-style-type: none"> 1. Cardio Stretching 2. Total Body Workout 3. Core Conditioning 4. Yoga

Contact: Leah Garcia, leah@zoneworkout.com, 303/247.1711. [View Zone Workout Series™](#) video clips and locate hotels offering the 20-minute, On-Demand fitness videos at www.zoneworkout.com. The Zone Workout Series™ is produced by Naturally Caffeinated™, Inc. (www.naturallycaffeinated.com), Leah Garcia, Executive Producer.