

Tips for Working Out While Traveling

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DENVER -- Don't let travel become an excuse to stop your good workout routines. Fox 31 Certified Fitness Instructor Joana Canals has some great tips and advice for "travel fitness."

Custom In-Room Workouts: This is a DVD that shows you a workout you can do in a hotel room using chairs, towels and the bed. It is available from [Leah Garcia Fitness](#).

FitDeck: These are playing cards that you mix and match every day to create a workout while on the road. You shuffle the cards to get more than three million different workout combinations. The [FitDeck](#) is designed by former Navy SEAL Phil Black. It's perfect for your briefcase, purse or carry-on luggage.



Fit On Fox graphic

Find a fitness club to visit while you are traveling:
[24 Hour Fitness](#)

Joana has talked about the "[bodybugg](#)," a device that makes it easy to count calories. She says it's great to use while you're on a trip.

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