



No Gym, No Weights, No Problem: *A Summer Guide to Workouts on the Go*

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The summer months can be a time for extra activities, vacations, and get-togethers with family and friends. The busyness of summer can also bring challenges to balancing work, “play,” and staying active.

According to The American College of Sports Medicine physical activity guidelines, adults should participate in at least 30-minutes of moderate activity five days per week, or 20-minutes of vigorous activity three days per week. This recommendation can seem daunting, but with a bit of planning, a shift in perspective of what it means to be “active”, and some creativity we can meet these guidelines...even during the summer months!

Determine what YOUR body needs

We all need movement. At a high level, everybody needs a combination of cardio, strength, mobility/flexibility, and rest to make up a “complete” exercise routine. General guidelines recommend distributing workouts across 1-2 days of cardio, 2-3 days of strength, and 1-2 days of flexibility/mobility training. On an individual level, however, there is a need to focus on certain areas of movement more than others in order to provide the balance that YOUR body needs.

While on the go these “needs” may shift a bit. You may normally run every day but are on a road trip causing your back or hips to feel tight. In this case, you may plan to swap your run with Yoga. You may be on vacation and are looking to offset the relaxing, yet sedentary, nature of the beach. A brisk walk or light strength workout may be beneficial in this setting. Recognize that it’s okay to step away from your usual routine, listen to your body, and choose movements based on your current circumstance. ALL categories of fitness are important, (we should aim to include them all!) but the time we spend on each will vary from time to time.

Stay consistent by incorporating “micro-workouts”

Recent studies show that compared to inactive individuals, those who exercised an average of 15-minutes per day reduced their risk of all-cause mortality by 14% and had a 3-year longer life expectancy. A micro-workout is a series of moderate to vigorous exercises performed for 10-15 minutes at a time. Instead of spending 30-minutes straight in a workout, for example, split your workout into three, ten-minute time “micro-workouts” throughout the day. You may begin your day with a brisk 10-minute walk, followed by 10-minutes of strength exercises in the afternoon, then end your day with another 10-minute brisk walk. This will get you to the 30-minute per day activity goal, without blocking 30-60 minutes straight to head to the gym, workout, shower, etc.

Adding “micro-workouts” to your routine can make BIG differences in your health and may be more attainable than scheduling a 30-minute workout each day. Getting SOME movement compared to no movement is always preferred. Keep in mind, that the goal of “micro-workouts” is to meet the recommended activity guidelines by breaking up activity into smaller bouts throughout the day, not to reduce your overall activity time.

Get creative

Finding the right equipment and space to exercise can be tricky when on the go. Bodyweight exercises are a great way to get a sufficient workout using minimal space and equipment. Exercises like bodyweight squats, push-ups, wall-sits, and even walking, are all terrific options that provide the benefits of strength training without lugging around equipment.

Common household items can also be used to add variety and difficulty to exercises. Paper plates can be used in place of gliders for movements like mountain climbers, a sturdy chair or bench can be used for triceps dips, and a towel can be used to create resistance during a bicep curl or row. Lack of equipment should never be a barrier to completing a workout.

If you do have the space and the budget to purchase equipment, recommendations include a yoga mat, gliders, a medium-strength resistance band (with handles), and a set of medium-weight dumbbells. There are endless workouts that can be performed using only these pieces of equipment, and they are easy to pack and use on the go.

Give it a try... and give yourself grace!

Now that you have the tools to stay active on the go this summer, please see our sample workouts included in this same newsletter. I encourage you to print out these, or other workout guides. Bring them on vacation to do at the beach, keep them in your car to do at the park with your kids, or tape them to a wall you walk by each day to act as a reminder to move. These are ways that we can form, and keep healthy habits no matter how busy life may get.

Above all, remember to have fun! Summer is a time to enjoy yourself. Choose movements that bring you joy. After all, the best workout in the world is the one that you enjoy...because you'll do it!

[Login or create a MIIAWinners account](#) to find a number of "no-equipment" workouts, and "micro-workouts" ranging from 5-15-minutes and much more! All videos are free, on-demand, and appropriate for all fitness levels unless otherwise stated in the video description.

