

PHILADELPHIA, PA, October 02, 2013 **/24-7PressRelease/** -- Kyle Leon promotes a recent [article](#)

featured in New Straits Times that emphasizes travel work-outs and why they are important. Leon points out that travelers do not need to restrict their workouts to the hotel gym, and that all it takes is a little creativity to keep up with fitness routines. The article notes, "When you're in a new city, getting trapped in a hotel gym when you know a whole new exciting world is just outside the door can turn even the best workouts dreary. So why not step off the treadmill and explore create ways to workout local style? You may be in a strange town, but when it comes to exercising, everyone speaks the same language."

Kyle Leon advises vacationers to ask the hotel concierge to help find local options. "You may be surprised how many opportunities are available," he said. "It will save you time and money to ask your hotel concierge - the local staff should serve as a great resource." The report recommends scoping out the YMCA: "Almost every country has a local Y. It's great if you like the feel of a gym and the facilities it provides [basketball, racquetball, yoga class, Zumba, etc.] without the frills. Most Ys have the option to pay daily and weekly, allowing you to drop in for the length of your business travel. Some Ys even have Open Y day that gives you free all-day access to its facilities."

The article emphasizes that the community should provide a plethora of activities through neighborhood clubs and parks. Kyle Leon concurs, adding, "You may find yoga classes in the park, dancing and high impact aerobic classes nearby or other outdoor activities." The article mentions that the library may also have resources, including fitness DVD collections to keep travelers on their toes. Leon also points out that studies have demonstrated that group workouts produce more benefits and better results than working out alone.

"You may be motivated to work harder and push beyond your comfort zone when you're with a group," he said. "When you're on the road, see if you can look up a local running group or join a free boot camp style fitness class." He also encourages swimmers to take advantage of hotel swimming pools. For those who have stricter schedules and only have 30 minutes before a block of business meetings, he recommends exercisers look up machine-free exercises, like wall workouts or bodyweight fitness.

The report mentions that pop up gyms are potentially a good fit: "Pop up gyms are essentially clubs with no membership plan and no fixed address. You need to be on Twitter or Facebook to know ahead of time where the next workout location would be." Kyle Leon suggests consulting a personal trainer to come up with creative workout routines for travel.

Kyle Leon Affirms Fitness Routines for Travel

Written by Australian Business

ABOUT:

Kyle Leon is a professional fitness model and author of a book on health fitness. He is passionate about staying active and inspiring others to make healthy life changes. Kyle Leon is a diet guro who covets a proper diet and exercise. He helps others on their quest to achieve better health, reaching their full performance. Through his individually tailored programs: Customized Fat Loss and The Somanabolic Muscle Maximizer, Leon provides the guidance and resources clients need to improve their overall health and fitness.