Email #3

Complementary Blog Post: 5 Exercise Day Trip Ideas

Subject: 4 Items To Make Sure to Take on Your Exercise Day Trip

Hi [firstname],

Working out outdoors has tons of benefits. Some of those benefits include being less expensive than a gym and more enjoyable. What is better than the sun on your face, fresh air blowing through your hair and the beautiful scenery around you?

When you’re making a day of it you’ll need to make sure you have a few items. It is important to travel light however it can be inconvenient and expensive to keep spending money for the things that you already have at home but forgot to pack or wear.

The list is different for everyone. Below are just a few ideas of the things you should consider bringing during your exercise day trip:

Reusable Water Bottle

The most important thing you should remember while working out is hydration. The more you are hydrated the longer time you can spend at your destination.

When you buy water every time you head out to exercise you’ll spend way more than if you fill your water bottle up at home. You’ll be helping the environment by not polluting the earth with a whole bunch of plastic water bottles that you end up throwing away. So by bringing a water bottle it’ll be cheaper and more conscientious.

Breathable and Supportive Underwear

Exercising, especially outside of a controlled environment, can be uncomfortable. You are sweaty, dirty and probably panting from the physical activity – depending on what you’ve decided to do. The last thing you need is to keep tugging on your underwear because they bunch up or lack ample support.

Sports undergarments are something that you should invest in. If you truly are dedicated to your healthy lifestyle, spending a little bit more on these things would make your workout less painful.

Microfiber Towel

A regular towel might do the trick. But if you are going on an exercise day trip you would want to pack smart and towels, especially the bathroom kind, are just too big and too much of a hassle.

Microfiber towels on the other hand can mop up your sweat just as great as microfiber towel. The difference is you can condense a microfiber towel enough for it to fit into a small space.

Hand Sanitizer

Whether you choose to exercise near the wilderness or right smack in the middle of the city, you are bound to touch unpleasant things that contain bacteria, which you do not want to bring home.

So bring hand sanitizer that will protect you and your family from getting sick. As they say, prevention is better than cure.

Here is an article that will give you a ideas on what type of exercise day trip you can take:

LINK

Exercise day trips can help you bond with your family and get out the house to enjoy the day outside.

[Sign off]