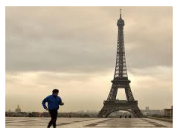


What's new @

Atlas



▶ TRAVEL WORKOUT:
FITNESS TIPS FOR
BUSINESS TRAVELERS



▶ SMARTER PREVENTION:
USING OVERSEAS ATMS



▶ YUCATAN PENINSULA,
MEXICO

Welcome to Atlas Newsletter

“A journey of a thousand miles must begin with a single step.” *ó Lao Tzu*

Travel workout: Fitness tips for business travelers

If your job keeps you on the road, you know how challenging it can be to maintain your fitness program. Hours of travel and back-to-back meetings may leave little room in your schedule for a travel workout - but exercise isn't a lost cause. A little dedication and planning can help you stay in shape when you're traveling.

Before your trip, contact the hotel and ask about on-site or nearby fitness facilities - then pack accordingly. Your travel-workout essentials may include:

- ✓ Athletic shoes
- ✓ Exercise clothing
- ✓ Swimsuit
- ✓ Jump-rope
- ✓ Tennis racket
- ✓ Music and headphones
- ✓ Exercise video or DVD
- ✓ Weightlifting gloves

For a different type of travel workout, you might ask the hotel staff about renting in-line skates or a bicycle.



Copyright:

http://www.urbansprout.co.za/where_are_sa039s_great_green_project

Start right away! Wear your walking shoes when you travel. If you're traveling by train, walk through the cars occasionally. Walk outdoors when the train stops to let passengers on and off. If you're driving, take frequent breaks to get out and stretch. Even a short walk around a rest area can boost your mood and energy level.

If you're used to early morning, noon or evening workouts, try to exercise at the same time when you travel. Maintaining your normal routine may help you adjust to time changes and the stress of business travel.

If jet lag or extreme schedule changes leave you exhausted, make your travel workout shorter or lighter than usual. It's OK to take it easy once in a while, but remember the energizing effect of regular exercise - which may be just what you need to get down to business.

If you are planning a trip contact **Atlas Immunization Services** at: **780-465-5150** regarding your travel health advice and vaccinations

www.atlasimmunization.com

▶ Yucatan Peninsula, Mexico

The Yucatan Peninsula is an exciting locale where history meets paradise, and where the weather on Valentine's Days will warm anyone's heart. You'll enjoy the area's breathtaking natural beauty and the depth of its thousand-year-old history through nearby Mayan ruins. And you'll definitely enjoy the beaches, where people spend all day long. You can stay at a sparkling resort along the Mayan Riviera - such as Cancun, Playa del Carmen or Cozumel - and then visit Mayan ruins during exciting daytrips. Beach, sun and exceptional trekking around fabled ruins, which will be a journey to remember.

SMARTER PREVENTION: Using overseas ATMs



Figure:

<http://www.thegatewaypundit.com/2011/06/obama-last-week-automation-kills-jobs-obama-this-week>

ATMs usually solve the traveler's dilemma of where to safely and quickly obtain local currency. All cash withdrawals, regardless of size, are exchanged based on the wholesale exchange rate, which is usually a few percentage points better than the rate at a local exchange counter.

Here are some additional tips:

- * **Take a variety of payment options**, (credit cards or traveler's checks)
- * **Bring your bank's contact information**
- * **If your PIN number is longer than four digits**, go to your bank and have it changed. Many ATM's abroad, especially in Europe, do not accept PIN numbers longer than four digits
- * **And always have your travel agent's contact information with you**