

Gay Travel: Adventure Travel is Good for Your Health

The Adventure Travel Trade Association (ATTA) and work-life balance trainer Joe Robinson[i], author of "Don't Miss You're Life," say vacations are good for you, especially ones that emphasize fitness, nature and social stimulation. Three ATTA members- Country Walkers, Fit For Trips and Sol Fitness Adventures-attest to Robinson's claims that a fitness-focused trip can reduce stress, increase focus in the workplace, and help weight-loss efforts as well as overall fitness.

Every minute of walking can extend your life by 1.5 to two minutes, according to the Framington heart study[ii]. Country Walkers, which began 33 years ago with the simple idea of exploring the world actively, introduced safari walking tours in 2012. The company says that walking an extra 20 minutes each day can burn off seven pounds of body fat per year; addition health benefits include relieving symptoms of depression and stress to preventing diabetes and heart disease.



"Adventure travel options give travelers the ability to set their own pace while immersing themselves in the local culture and natural beauty of the region," said AnneCecile Blanchot, spokesperson for Country Walkers.