



## How Celebs Stay Fit on the Road

Stars never take a vacation from their workouts!



"I use resistance bands. . . . They're easy to pack."

**Petra Nemcova**

"I do yoga, so that's kind of portable. I can do it on my own or find a class — there's yoga all over the world!"

**Radha Mitchell**



"I tend to overpack, so lugging my suitcase through the airport is good for the arms!"

**Sophia Bush**



L.A.-based Kate Hudson jogged while in NYC Aug. 3.

"I make sure there is a gym in the hotel, but if there's not, I do jump squats and crunches in the hotel room. And I do as much outside as I possibly can — I make sure to run 45 minutes every day."

**Minka Kelly**



"I bring ankle weights or a Pilates ring in my bag, and I just do simple leg and arm exercises."

**Monique Coleman**

"When I was in Iran for two weeks — where you can't exercise in public — we would do workout DVDs like *Turbo Jam* and *Yoga Booty Ballet* before we went out sightseeing."

**Eliza Dushku**