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GWU's Dr. Jeff Hartman Offers Summer Vacation Exercise Suggestions

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Office of University Communications

July 8, 2014

Smartphone Apps Help Locate Fitness Centers Away from Home

BOILING SPRINGS, N.C. — Summertime vacations bring a welcome break from everyday life that may even tempt some to skip their regular exercise routine. Still, vacations are no excuse to stop exercising, according to Dr. Jeffrey Hartman, associate professor of exercise science at Gardner-Webb.

“The beauty of the smartphone and the latest apps coming out is that they make it easier to continue your exercise routine when you go away from home by finding some local resources,” Hartman said during a weekly exercise science program on Gardner-Webb’s WGWG.org.

Hartman highlighted an app for iPhone mobile devices called Gymsurfing, which acts as a GPS to locate fitness centers in the surrounding area, along with the costs of day passes and a list of amenities.

“You’d fly into your vacation destination, pull up the app, find the local gyms, how much they cost, how much you’re willing to spend, and go and check it out,” Hartman said. “If you don’t like it, you can check another one out the next day.”

Since summer vacations could mean limited mobile connections or access to gyms, Hartman also offered several suggestions for exercise depending on the geographical location. For beach getaways, he suggested taking a beachside walk, run or swim; hiking trails for mountainous regions; and stairways for urban areas.

For a healthy lifestyle, Hartman recommends a regular exercise routine throughout the year, such as 30 minutes a day of moderate intensity physical activity—preferably every day of the week—or shorter, more intense workouts spread out during the day.

Listen to Dr. Jeffrey Hartman’s health science segment at soundcloud.com/wgwgdotorg. To learn more about the exercise science program at Gardner-Webb, contact Jeff Hartman at exsi@gardner-webb.edu.

Located in Boiling Springs, N.C., Gardner-Webb University's purpose is to advance the Kingdom of God through Christian higher education by preparing graduates for professional and personal success, instilling in them a deep commitment to service and leadership, and equipping them for well-rounded lives of lasting impact, Pro Deo et Humanitate (For God and Humanity).