Fitwellyou Says Their Exercise Resistance Bands Are Excellent For Travelers

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David Williamson, spokesman for the company FitWellYou, has announced that their exercise resistance bands from Amazon are an excellent way for travelers to maintain their toned bodies while away from home. A big challenge that many people face when they go on vacation is maintaining their body weight and their fitness levels so when they return back home, getting back into their usual routine won't be as difficult. David said that because their resistance band set of 3 are extremely lightweight and portable, carrying them in a bag or purse is very easy. This allows travelers to set up a mobile gym in virtually any destination they choose.

FitWellYou stated that they understand the frustrations travelers face when they go on vacation. The whole point of a vacation is to relax and get away from reality for a while. Most people just want to live by that famous motto: work hard play hard. While that time off is well-deserved, life is not necessarily going to wait around. While people might be able to put their work and home life on pause, everything else continues to move forward. During vacation time, the majority of people become less active because they would rather sit around at the pool or suntan on the beach. People also eat more, because this is the one time where they get to enjoy the typical buffets found in many hotels. All of that hard work in losing that weight before vacation get

put back on again, and by the time the vacation is over, people have brought along with them some extra luggage that's hanging around the waistline and other areas of their body.

David Williamson said that there are also a large number of people that want to continue exercising but can't, because the hotel they are staying at doesn't have a gym, or there is a gym, but it is always over crowded. The idea of bringing along their own weights and other work out equipment is not practical; however, this is not the case with the FitWellYou resistance band set, because it is not only lightweight and easy to carry around, it can also be used in virtually any type of environment. Williamson added that it is also an effective way to keep in shape. The therapy exercise resistance band set is designed to give a full body workout, and is effective for strength training and cardio; it just depends on how a person uses them. Williamson also made the following statement in regards to using the resistance bands to do hip extension exercises:

"You will Literally Kick Your Hips, Butt and Legs into Shape with these FitWellYou Quality Resistance Band Sets."

FitWellYou said that the resistance bands set is adaptable for multi-fitness levels, making them perfect for beginners or experts, as the set comes with 3 bands in a light, medium and heavy resistance level. This allows people to gradually increase the difficulty of the workouts as they improve over time. For more information on the therapy exercise resistance band set, FitWellYou invites all interested parties to visit their storefront on Amazon.

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For more information about FitWellYou, contact the company here:FitWellYouMr. David Williamson1-613-440-4000info@fitwellyou.comNew York, NY 10022United States

FitWellYou

FitWellYou makes top quality resistance bands that are reliable and results-oriented. FitWellYou Resistance Bands are tried, refined and tested by real therapists, athletes and actual patients to ensure superior quality and durability.

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