

# TONED TRAVELS

BY SUZANNE KOCH

*Keeping up a workout routine might be the last thing you want to do on vacation, but with these easy, on-the-go tips from Modu Seye, founder and owner of ModuVated Fitness Club in Los Cabos, you can indulge guilt-free in that extra taco...or two.*

## **What are some in-flight tips to keep you feeling your best?**

I always like to eat before my flights since I am not a big fan of airport food. I think in order to feel at your best you have to fuel yourself properly. I always use the time on the plane to clear up my mind, write and read a lot and also get some work done. That way I feel productive and ready for wherever my trip is.

## **What's an effective workout someone can do in their hotel room?**

You would want to go with the basics, using your own body weight. Pick five to 10 exercises that work all body parts (squats, push ups, planks, jumping jacks) and repeat three to five sets. I always like to take my resistance bands everywhere I go, that way there is no excuse. I workout outdoors, in hotel rooms, indoors, basically everywhere!

## **Any tips for eating healthy when traveling to Mexico?**

Mexico can be as healthy as you want it to be. In every restaurant you can find a healthy option. I love fresh green juices, smoothies and salads. Try a little bit of everything in moderation and stay active and you will be good to go!

## **Any cocktail suggestions that aren't loaded with sugar?**

I personally don't drink but I would suggest to stay away from the syrup-loaded cocktails. When I want to indulge a bit I go with a virgin mojito and it's great.

## **What's your favorite way to stay in shape when traveling?**

I love cardio. It clears my mind and sweats out the jet lag. I'll jump on the elliptical and I also use my resistance bands for a short strength workout.

## **Are there any new resorts or communities where your classes are available?**

Actually yes, we are really excited since we just started running the fitness program for Waldorf Astoria Los Cabos Pedregal. Our schedule has everything from yoga, TRX, Tone & Sculpt, personal training and more.

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*Work out with Modu at his indoor gym in San Jose del Cabo or at one of the resorts or communities where Modu has designed exclusive fitness programs including Diamante; El Dorado Golf & Beach Club; Viceroy Los Cabos; Las Ventanas al Paraiso, a Rosewood Resort; Chileno Bay Resort & Residences; and now, Waldorf Astoria Los Cabos Pedregal.*

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