

Fitness Tips for People Who Live in Vans or Tiny Homes

Health And Fitness Blog

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NO GYM? NO PROBLEM! ULTIMATE FITNESS GUIDE FOR LIFE IN A VAN OR TINY HOME

Living in a van and tiny homes offers a highly unique lifestyle of freedom, minimalism and adventure. But with having limited space and resources, staying fit and maintaining a regular exercise routine can be proven as a real challenge. As



per the 2023's report of [Statista](#), more than 1.9 million people in the United States are living in the van conversions, RVs and tiny homes on full-time basis. Which is a number that continues to grow with the rise of remote work and digital nomadism. Whether you are parked in forest and camped in a city lot, psychically staying active is important for maintaining better mobility, strength and mental well-being. Here, we will offer some important and practical and data-backed fitness tips that are specifically designed for the vanlifers and tiny home dwellers. Living in a van or tiny home

presents unique fitness challenges, but it's possible to stay active and healthy. Focus on incorporating movement into your daily routine, utilizing bodyweight exercises, and embracing outdoor activities. Prioritize creating a space for fitness, managing stress, and making mindful choices about nutrition.

EMBRACING THE BODYWEIGHT WORKOUTS (NO EQUIPMENT NEEDED)

The [bodyweight training](#) is ideal for small living spaces as it needs zero equipment and minimal room. Doing pushes can be proven as highly effective as bench pressing for increasing the upper body [strength](#) and density of the muscles. If you want to stay fit while traveling, swimming is one of the best forms of exercise. It's a full-body workout that's easy on your joints, making it perfect for anyone – especially if you're on the move a lot. Whether it's a river, beach, or indoor pool, there's no shortage of places to swim.

GREAT BODYWEIGHT EXERCISES



[Key exercises](#) to try:

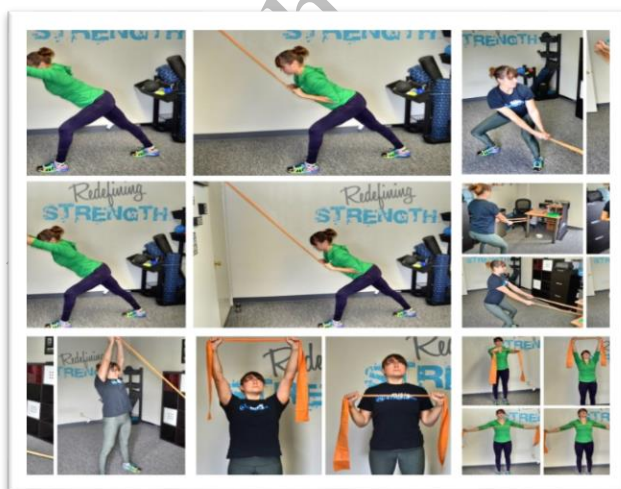
- ✓ Push-ups (Regular or Wall)
- ✓ Squats and Lunges
- ✓ Planks (Front and Side)
- ✓ Mountain Climbers
- ✓ Glute Bridges (on bed or floor)

You can also create a 20 minute circuit of 5 exercises, and repeating each for 45 seconds with 15 seconds of rest period.

USING RESISTANCE BANDS FOR STRENGTH TRAINING

The resistance bands are lightweight, compact and versatile for making them perfect for Vanlife. The study done by [American Council on Exercise](#) or ACE has found that resistance

band can match the muscle activation with the free weights.



[Workout ideas:](#)

- ✓ Bicep curls and triceps extensions
- ✓ Lateral band walks
- ✓ Seated rows (anchor band to door handle or sturdy furniture)
- ✓ Band squats with overhead presses

Here is the pro-tip: Select a set with varying tensions levels for full-body conditioning.

INSTALL A PULL-UP BAR (IF SPACE ALLOWS)

A removable and doorway mounted pull-up bar can add some serious upper-body workout potential to the tiny space at the van.

Top [pull-up variations](#):

- ✓ Standard pull-ups (palms away)
- ✓ Chin-ups (palms facing)
- ✓ Hanging knee raises for core

Consider this alternative: You can use tree branches and playground bars when being outdoors.



USE OUTDOOR SPACES AS YOUR GYM

While living in a van or mobile tiny homes mainly refers to the access to the ultimate outdoor gym. The research done from the [Environmental Science and Technology](#) has addressed that outdoor exercise caused an increased energy and reduced stress in compared to the indoor workouts.

[Ideas for outdoor fitness](#):

- ✓ [Trail running or hiking](#) (1 hour burns 292 to 652 calories)
- ✓ Beach sprints or yoga
- ✓ HIIT circuits at picnic tables or parking areas
- ✓ Resistance band training at parks

Bonus tips: Use the apps like; [AllTrails](#) and Gaia GPS that can assist you to find the trails and nature spots at nearest locations.



INVESTMENT IN A FOLDABLE YOGA MAT AND TRX SYSTEM

Space saving fitness goals such as foldable yoga mats and [TRX suspension systems](#) can be used. Using the body weights and leveraging the exercises are ideal for working out in the limited areas:

[TRX Benefits:](#)

- ✓ Full-body strength and stability
- ✓ Low impact, joint-friendly
- ✓ Anchors to doors, trees, or roof racks

As addressed to the 2020 [clinical study](#) published in *PLOS One*, TRX training has improved the balanced and functional mobility.



STICKING TO THE ROUTINE, EVEN WHILE TRAVELLING

Consistency beats the intensity. Then [Harvard Health article](#) has addressed that forming the exercise habits can be noted as the key element for achieving long-term success.



Tips for [Building a Routine](#):

- ✓ Schedule workouts like appointments
- ✓ Set phone reminders or use apps (e.g., FitOn, 7 Minute Workout)
- ✓ Start with just 15 minutes/day
- ✓ Track your progress weekly

Take note of this: Create a flexible schedule that can work around the weather, travelling and access to the resources.

PRIORITISE THE FUNCTIONAL MOBILITY AND STRETCHING

Tight spaces and long drives can weak the havoc on your posture, hips and lower back regions. By incorporating the mobility and stretching exercises on daily basis can reduce the chances of discomfort and improve the circulations. Prioritizing functional mobility and stretching is key to improving overall fitness, preventing injuries, and enhancing daily movement. This involves incorporating both dynamic and static stretches into your routine, focusing on movements that improve your range of motion and ability to perform everyday tasks with ease. Functional mobility is the foundation of effortless movement in daily life. It enables activities like bending, reaching, and walking without stiffness or discomfort.

Recommended [mobility drills](#):

- ✓ Cat-Cow and Child's Pose (for spine)

- ✓ World's Greatest Stretch (hip flexors and hamstrings)
- ✓ Neck rolls and shoulder shrugs
- ✓ Standing calf and hamstring stretches

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Therefore, staying fit while living in a van and tiny home isn't possible. Rather it can be fun, functional and highly liberating. With using your own [bodyweight](#) routines, resistance bands, outdoor workouts, and mindful practices, you can maintain the peak physical and mental health without even visiting at a gym and using much space. This can be the key element for being consistent, flexible and creative.



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