

A Health + Fitness Guide to Galveston Island

Vacationing on Galveston Island often means fun in the sun and surf, cold drinks and tasty eats. But enjoying a little island time doesn't always have to mean lazing around for hours on end! Galveston is the perfect spot for a wide variety of exciting activities for those who enjoy an active lifestyle— from water sports, to endurance runs and yoga on the beach.

Get Your Body in Gear at fitTRIRun

Whether you're a walker, runner, triathlete, swimmer, cross-fitter or just like to get around with an extra hop in your step, fitTRIRun has the expertise and gear to set you up for success. The all-inclusive specialty store, located in historic downtown Galveston, provides top quality products and services for a variety of outdoor activities. The friendly store owners are committed to promoting healthy, active living, while uniting the community and providing training and education. For details, visit www.fittrirun.com.

Sunrise or Sunset Yoga on the Beach

Nothing says relaxation like deep stretches, cool sea breezes and the sound of crashing waves. Rise with the sun and greet the day with an invigorating yoga session on the beach. If you're not a morning person, unwind with a sunset yoga session instead. Both sunrise and sunset beach yoga sessions are led by experienced instructors from The Body Space Yoga & Pilates. For more information, visit www.thebodyspacegalveston.com.

A Run with an Unbeatable View

At more than 10 miles long, Galveston's seawall is the nation's longest continuous sidewalk and is a great spot for your daily run, walk, jog, skate or bicycle ride with its scenic view of the Gulf of Mexico. It also makes the island a popular destination for marathons, triathlons and other races. In spring, the island hosts the annual Ironman 70.3 Texas triathlon involving some of the finest athletes in the world.

Go on a Paddle Board Excursion

Hit the waves in Galveston on a paddle boarding excursion with Ohana Surf & Skate. Ohana offers an extensive selection of stand-up paddle boards for all skill levels as well as experienced instructors to guide you along the way. Lessons include one-on-one instruction on the beach and in the water. If you prefer to surf, Ohana also offers gear and lessons. For details, visit www.ohanasurfandskate.com.

Explore the Ropes Course & Zip Line at Moody Gardens

Challenge your agility, balance and strength at Moody Gardens as you encounter the Gulf Coast's tallest five-tier Sky Trail Explorer Ropes Course and new Zip Line. Ranging from Criss-Cross Tight Ropes to Burma Buckets, the 71-foot Ropes Course is filled with 48 fascinating obstacles. Thrill seekers can then glide 60 feet in the air on the Moody Gardens Zip Line for an aerial view of the Moody Gardens Pyramids and tropical gardens. For details, visit www.moodygardens.com.

Go on an Outdoor Adventure at the Galveston Island State Park

If you're looking for outdoor adventure, head west to the Galveston Island State Park— a great place for kayaking, birding and nature exploration. Offering access to the Gulf of Mexico and Galveston Bay, the 1,200-acre state park hosts many examples of barrier island habitats explored easily from the beach or by walking trails. The park also offers free, regularly scheduled activities, including kayak tours, beach and surf explorations, bird walks, nature field trips and fishing clinics. You can also get your heart pumping and creativity flowing on a kayak tour offered through Artist Boat. The two- and four- hour tours include an opportunity to paint a watercolor picture of the scenic view. For details, visit www.artistboat.org.

Refuel at EatCetera or Fika Java & Juicery

All the sun, surf and moving about the island is sure to work up an appetite! Refuel with some nutritious and delicious eats from [EatCetera](#) or power-packed drinks from Fika Java & Juicery. EatCetera is a green-friendly eatery located in historic downtown Galveston offering health conscious convenience to patrons with its menu of light fare, as well as vegetarian offerings, including fresh salads, soups and sandwiches. For a quick pick-me-up, you can't go wrong with a caffeinated nitro brew or fresh squeezed juice from [Fika Java & Juicery](#).