

# Top 5 Travel Strong Articles:

## 1: [18 Proven Weight Loss Tips You Can Use Today](#)

I honestly think this is the best article I have ever written, and the most complete collection of weight loss tips out there. I guarantee that if you put these tips into action, you will start losing weight (and improve your overall health).

## 2: [Complete Guide to Healthy Eating on a Budget](#)

The most common excuse given for not eating well is that it's too expensive. It certainly *can* be, but it doesn't *have* to be. This guide shows you how to stay on track to reach your health and fitness goals, regardless of your budget.

## 3: [101 Bodyweight Exercises You Can Do Anywhere](#)

This is the biggest list of bodyweight exercises anywhere online (that I know of). The exercises are categorized according to the body parts they work, and then arranged by difficulty. If you're ever stuck for ideas, you'll love this.

## 4: [The Beginner's Guide to Travel Hacking](#)

This article is a little bit different because it's not about health and fitness, but it's still one of my favourite topics: travel. I've distilled everything I know into one complete guide, showing you how to travel far and wide for little (or no) money.

## 5: [8 Expert Tips for Healthy Travel](#)

I rounded up 8 of the smartest people in the fitness industry to find out what they do to stay in shape when they travel. There are lots of great insights and ideas in this article - you're bound to get something out of it regardless of your personal circumstances.