

May

National Physical Fitness & Sports Awareness Month

Spread the good word - It's time to get moving!

Some people are dedicated gym members and find committing to a membership keeps them devoted to their workout, while others find it boring.

Whether the gym is not for you or you're bored with your regular exercise routine, here are some fun and creative ways to stay physically fit.

1. **Take a Walking Tour** - A fun way to spice up your workout is by signing up for a walking tour of your city or nearby historic area. You can learn something new while fitting in a workout!
2. **Run Around** - Running burns more calories than almost any other cardio activity, but it can be boring on a treadmill. Create different routes around town and see your neighborhood in a whole new way.
3. **Be a Homebody** - One of the easiest ways to get in a workout is rolling out your mat and watching a video in the comfort of your own home. There are thousands of FREE workouts to choose from on-line. Let the Internet be your fitness library.
4. **Go Play!** - Skip happy hour after work and head to the park. Invite a friend and bring a Frisbee, bocce set or ball. You'll save calories by cutting out the cocktails while releasing stress.
5. **Take the Dog for a Walk** - Add 15 extra minutes to your walk. If your dog is up for it, step it up with a power walk or jog. It will be good for the both of you.
6. **Don't Waste Time!** - When waiting on line at the grocery store or bank, flex your abs for 10 seconds, repeat 10x's or practice balancing on one leg. You'll work you core and avoid being frustrated.
7. **Accidentally Exercise** - Turn routine chores into your workout. Raise the volume on the music and get the mop moving. Wash the car by hand rather than running through the car wash or mow the lawn. Take any boring household project and get moving and make it fun!

