

# HEALTHFUL TIPS

## Fitness Fun

Great ideas to keep your workouts fresh, fun, and family friendly!

What's the secret of those who get off the couch and stay active? They've found a way to make fitness fun. The fun factor gives them that inner drive that helps them to keep at it. Just like kids—they love to play. Why not, it's fun. Reclaim the fun in your fitness program and it will be a lot easier to stick with it.



**Play like a kid:** toss the Frisbee; play tag, dodge ball, volleyball, or Marco Polo; jump rope; hula hoop; jump on a trampoline (can you still do a seat-drop?).

**Get outdoors** and focus on the beauty. Take a walk and

notice, I mean really notice, nature's beauty. It may be a flower sticking up through the crack in the sidewalk, an amazing sunrise, new buds on the trees, or a squirrel jumping from branch to branch.

**Buddy up.** You'll be too busy chatting to realize that you're burning calories.

**Get out of your comfort zone.** Strap on rollerblades. Try indoor rock climbing. How about taking a salsa or hip hop class? Did you always want to learn how to line dance? Plan to try a new activity each month. You'll be sure to find something to fall in love with.

**Play in the dirt.** Grow a garden. Work on the yard. You'll love the results of your efforts.



**Build relationships** by walking with co-workers at lunch.

**Update your playlist.** Music can make all the difference. Whether you are dancing in the bedroom or picking up your pace on a walk — who can resist moving when their favorite tunes play?

**Reward yourself** for your efforts. How about some new workout shoes or clothes?

**Register for an event** (with friends or family if possible). Make it something fun, like a color run, or something meaningful, like a walk to raise money for cancer. The anticipation of the event will keep you training towards the goal.

**Join an adult sports league**—softball, soccer, basketball, or bowling. It's great to be part of a team, and the structured practices and games can help keep you on schedule.

**Make family fitness time.** Shoot hoops, play horseshoes, play 4-square, ride bikes, jump rope, go swimming, or take a hike.

Grab hold of one of these ideas—get off the couch and back into the game of life!