

Making Fitness Fun

If you are starting or recommitting to an exercise program here are some tips to make your program fun so you can stay on track throughout the year. First, before you start any exercise program consult with your health care professional for clearance and any potential restrictions. Currently, if you are not exercising at all, start slow and easy. The number one reason people quit is they do too much too soon, get sore then move away from pain. You could begin working out every other day for just five or ten minutes. Find the time of the day when exercise is most comfortable to you. Then, schedule your workout like an important appointment. After all, what is more important than your health? Here is the key – **find activities you like and enjoy**. There are numerous ways to be active and you can find a few things you like. Generally, it is easier to exercise with someone else. Invite a friend, neighbor or coworker to join your activity. Also, socialization is a reason for the popularity of group exercise classes. When you find activities you like be open to getting some professional advice and learn correct form. Only hire certified and insured professionals. All sports require sound fundamentals that once you learn increases performance and fun. Also, proper form prevents injuries and keeps you in the game. Be open to changing your routine and activities. For example, if you have been doing yoga consider Pilates. This keeps your mind fresh, gives you rest and can target new muscles.

When you get active you will want to review the things you eat and drink. There is a positive relationship between exercise and sound nutrition. If you want to do moderate intensity exercise (approximately 70% of your maximum heart rate) for 20 minutes, you will realize that junk foods are not good choices. With nutrition get sound information then slowly improve your intake. Simply cutting back on carbonated soft drinks can reap big benefits. You can learn to replace a poor choice sugar drink with a good option like water with lemon. Also, healthy foods, like raw deserts, taste great! Find healthy activities you like and will continue. When you do you can make fitness fun!

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