

# 30 Days of Fun Fitness Ideas

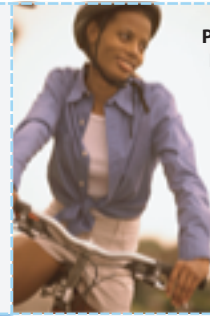
Are you getting bored with your workout routine? Stop enduring exercise and start enjoying it! Here are 30 daily tips that will take the "work" out of working out and show you just how fun fitness can be!



**1** **Pop in a DVD. Pick up a new workout DVD for free from your local library (or for a small fee from Netflix or a rental store). With these resources, you can change up your routine on a whim and banish boredom forever!**

**2** **Try a new class.** Anything that's new and different will be more exciting than your usual routine. Sign up for a group fitness class that catches your eye. Not a member? Most gyms offer free classes to first-time visitors!

**3** **Walk and talk.** If walking or running seems boring, bring along a good friend and catch up while you work out. With great conversation and a little sweat, the time will fly by!



**4** **Plan an adventure! Rock climbing, mountain biking, white water rafting—these are fun and challenging pursuits that work your whole body. What kind of adventure awaits you?**

**5** **Wear a pedometer.** This handy tool counts your steps and motivates you to get active. Aim for at least 10,000 steps daily (that's about 5 miles)—the activity level recommended for good health.



**6** **Grab a partner. Everything, including exercise, is more fun when you do it with your favorite people. Enlist your spouse, best friend, neighbor or significant other and work out together!**

**7** **Wear a pedometer.** This motivational tool makes it fun to get moving! Create small goals and compete with yourself, aiming for 10,000 steps (about 5 miles) daily. Come up with creative ways to get on your feet.

**8** **Find your inner athlete.** Sports aren't just for pros. Volleyball, basketball, soccer, and tennis leagues exist for all ages and ability levels. You'll have a blast burning calories and bonding with your teammates.

**9** **Plan your playlist. With the right soundtrack, exercise can be more fun and energizing. Select some upbeat songs and plan a workout that flows with your beat, tempo and feel of the music for a rockin' good time!**



**10** **Cross train.** Instead of 45 long minutes on the treadmill, break it up and change it up. Try 10-15 minutes on three different machines, for example, and your workout will be over before you can think, "Is it over yet?"

**11** **Distract yourself.** If you find exercise boring no matter what, then combine exercise with other tasks like reading a book (on the stationary bike), watching TV (while strength training) or listening to the radio.

**12** **Enlist a trainer.** If you're tired of the same old routine, hire a trainer for 1-3 sessions to help you come up with some fun and creative moves that you enjoy doing.

**13** **Ready, set, race!** Kids race all the time because, well, it's fun! Race your friends, partner or kids in the pool, on the track or, around the block. A little friendly competition can bring out the best in you.

**14** **Hunt for hidden treasure.** Geocaching is a fun pursuit for adults and kids alike. It involves walking, hiking, clues and caches ("hidden treasures"). Visit Geocaching.com to get started!

**15** **Act like a kid.** For adults, it's exercise; for kids, it's playtime. Join the fun with your own kids (or borrow them from a friend or relative). Outdoor games, sports, jungle gyms and tag are for kids at heart, too.

**16** **Play catch.** Use whatever you have on hand—a football, baseball, rubber ball or pillow. Bring it outside and toss. Try high, long, short and surprise passes so you and your partner will stay on your toes.

**17** **Train for a race.** If you've ever joined a walking, biking or running event, then you know how fun race day itself can be. Let that feeling motivate you to train for a variety of races throughout the year!

**18** **Shake it! Blast some of your favorite get-up-and-go tunes and let loose! Dancing is a great way to get fit—even if you're just grooving in the privacy of your own home.**



**19** **Get fit with Fido.** Notice how excited your dog gets when it's time for a walk? Like him, find joy in moving around and taking in new sights and smells. Try new routes and enjoy the scenery as you go.

**20** **Hit the beach.** Walking and running on sand adds a new element to your workout. Not only is the setting beautiful, but the sand's uneven terrain challenges your muscles in new ways, too!

**21** **Jump for joy! Jumping is a great way to work out and have fun—especially with kids. Take turns on a mini or oversized trampoline and enjoy yourself. Add a contest, like who can go the highest or the longest.**

**22** **Zumba! This popular fitness class (and DVD series) has everyone talking. With Latin-inspired dance moves and a hot soundtrack, you won't want this workout to end!**

**23** **Shoot some hoops!** You don't have to be a pro to enjoy a pickup game of "horse" or 2-on-2 with your friends. Hit the courts for an afternoon so fun, you'll forget that you're exercising!

**24** **Flash back.** Remember the workout videos from the 80s? Exercise to these oldies-but-goodies today! You'll have a blast listening to the music and, looking at the clothes (and hair!)—, and you'll get a great workout to boot!

**25** **Turn on the spin cycle.** Indoor cycling classes like Spinning are popular for a reason. With great music, expert-led workouts and a group of people who love to ride, you'll wonder why you hadn't tried it sooner. Find a free class near you at Spinning.com.

**26** **Incorporate intervals.** Exercising at one steady pace is boring! Alternate between high- and low-intensity intervals by changing your speed, incline or resistance level for a fun and effective workout session.

**27** **Go to the green.** No matter what your level, miniature golf is a game of skill that keeps you on your feet while you enjoy the outdoors. Make it a daylong outing with your friends!

**28** **Walk the line.** Even if you're not a fan of country music, line dancing is easy to learn and fun for everyone! Find instructional videos on YouTube and you won't even have to leave the house!

**29** **Enjoy a night on the town. The cliché dinner-and-a-movie gets old. Next time, walk to your destination and try bowling, miniature golf, dancing, or other fun activities that keep you moving.**



**30** **Change your mindset. Exercise will only be as fun as you make it, so why make it boring? The mind is a powerful thing. Choose to have fun and enjoy yourself, and you will do exactly that!**

