

have fun exercising

Written by Christina Lucy



GET IN SHAPE

“I don’t have time to work out!”

Have you ever said that? It is the number one reason people don’t exercise. The benefits of exercise are tremendous, including a huge reduction in stress.

By simply taking 15 minutes a day to exercise, you will function better through the day and sleep better at night.

Going from exercising zero to three days a week, you will see improvement in your body. But in reality, three days a week is a maintenance routine. If you seriously want to make a change in your body, commit to 5 days of exercise per week, for an hour each day.

During these workout sessions you should combine cardio with strength training, and always include stretching or flexibility work. Cardio burns calories during the work, burns fat, and strengthens your heart and lungs. Strength training burns fat and strengthens your bones and muscles. Also, building lean muscle increases your metabolism, helping your body continue to burn calories after exercise. The more muscle you have the more overall calories your body burns throughout the day to maintain that muscle.

So exercise. How much should you

exercise, and what kind of exercise should you do? Focus on whatever you will do. You will usually make time to do something you enjoy, so if you don’t enjoy going to the gym, don’t force yourself to do that. Choose another form of exercise that you find fun.

Dancing, kickboxing, tennis, cycling, hiking – these are just a few options for nontraditional, “fun” exercise. Fitness boot camps are also gaining great popularity. If you enjoy variety and need motivation and accountability, a group exercise class, like a boot camp, may be an excellent choice for you.

Your personal fitness goals determine how much you should exercise and what routine you should follow.

Bottom line, find what is truly enjoyable to you and you will do it.

Christina Lucy is the founder of Code Pink Boot Camp and EZ8 Running. She offers fitness classes and grocery shopping tours around the Orange County area. You can reach Christina at Info@ChristinaLucy.com. If you would like to participate in boot camp visit the Web site www.CodePinkBootCamp.com.