



## Keeping Fitness Fun!

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Having fun is essential to staying motivated in keeping a healthy lifestyle.

One way to stay motivated and avoid exercise boredom is to periodically adjust your fitness routine.

Here are several ideas to help you take your routine to the next level and keep it fun.

- ✈ Add 5 repetitions or 5 minutes to your workout. If you have been walking a specific distance, walk a little farther. It may not seem like much at first, but it adds up quickly and makes a positive difference in your level of endurance.
- ✈ Change your scenery, take walks or ride your bicycle at a local park, or exercise at your local recreation center.
- ✈ Reward yourself for your accomplishments. Your trips to the park don't have to be just to exercise; add a picnic gathering after your walk or bicycle ride. Just remember to eat healthy foods.
- ✈ If you have been outdoors, be active indoors as well. Turn on your favorite radio station for extra motivation to move more as you do your house work. You can also pop in your favorite exercise DVD to workout in your own home.
- ✈ Invite a family member or a friend to exercise with you. You can walk around your favorite shopping mall or center, take dancing classes or join a recreational sports league. You will be helping them exercise, too.

Sometime we can also get bored with what we are eating. For new healthy eating ideas, visit the U.S. Department of Agriculture's MyPyramid site:

[www.mypyramid.gov](http://www.mypyramid.gov).

The site also provides nutritional plans, a food guidance system and a healthy eating index.

There are many ways to add excitement to your fitness program and include a healthy variety of foods in your diet – just be sure to have fun!