

Fun

Getting in shape—and staying fit—doesn't have to be a chore. Here's how to put the fun back in fitness:

When it comes to exercise, you know you should go for the burn, even though you'd rather chill. For many of us, exercise is a chore: We know it's good for us—like eating every vegetable on our plates—but we don't always enjoy it.

Fitness doesn't have to be taxing: New research shows that simply being active throughout the day for 10 minutes here, 7 minutes there may be more healthy in the long run than occasional longer sessions of intense exercise.

When you incorporate short periods of exercise into your day—and make it fun—exercise will become something you do for the joy of it as well as for good health. Here are some tips for adding more fun into your day:

- **Start "kidding around."** Instead of sitting on a bench watching your children at the playground, get up and join them. Climb on the jungle gym. Jump into a rousing game of tag. You'll not only get your heart pumping, but you'll also rediscover the childlike spirit of play.
- **Get fit with family or friends.** Exercising with others will keep you motivated. Instead of going out for lunch, dinner, drinks or a movie, get your girls and go for a brisk walk. Or take a bike ride with your mate, skate with your children or enlist the family in an after-dinner walk.
- **Sneak exercise into your day.** Every little bit of activity adds up. Skip the elevator and take the stairs—two at a time if you're feeling good—or leave the car at home and walk or bike to the store.
- **Dare to be different.** Sample an offbeat exercise class. Health clubs, gyms and community centers offer plenty of quirky choices like disco yoga, circus boot camp and karaoke spinning. Find an extra-wacky class and let yourself go.
- **Change your scenery.** Usually exercise in a gym? Switch up and try running, biking or walking outside. If you walk the same route every day, discover a different path or try exercising on a track, up and down stadium stairs or at the park. The change will be refreshing.
- **Sharpen your competitive edge.** Kick your workouts into high gear by training for an event—a fun run or walkathon, for example. You'll stay focused as you move toward the big day. For event listings, check your newspaper, YMCA, parks department or community center.
- **Try something new.** If you've never taken a stab at in-line skating, give it a spin. Or sample a Pilates, hot yoga or water aerobics class. Even if you haven't played a sport in years, sign up for lessons or jump into a pickup game. An exercise "adventure" will help you renew your fitness commitment.

Water, Water Everywhere! But How Much to Drink?

The more you exercise, the more water you lose. If you're working out very hard, you'll need to consume about 5 to 8 ounces of water every 15 minutes, so keep plenty of fresh, pure water on hand.

Drink before, during and after your exercise session (be sure to sip during training). Remember that studies show it's not enough to rely on thirst to tell you when



you need to hydrate. Be on the safe side: Keep the water flowing. And remind your children to drink water while they exercise. To figure out exactly how much water kids need and how often, you can use an online tool called the Hydration Wheel. Go to www.smartspot.com for more information.

Drink more pure water. Your body will thank you.

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