

Be Well For It All Newsletter



Live For It All... Mind, Body, & Spirit

“An hour of basketball feels like 15 minutes. An hour on a treadmill feels like a weekend in traffic school.”

-David Walters

You Just Gotta Have Fun!

By: Abby E. Solomon M.S. Exercise Physiologist & Certified Personal Trainer

The number one way to fail at an exercise program, is to choose activities that you just don't enjoy. Set yourself up for success by choosing exercise that's fun for you. Maybe you hate to sweat, so working out in a pool may temper the sweaty feelings. Maybe you love to dance, but can't go out dancing at a dance club every night. Find a dance class you enjoy, or try a class like TurboKick, which combines kickboxing and dance moves.

So many times we think

of exercise as a chore; check off the daily grind list. By enjoying it, and looking forward to it, your body will respond positively and you will see results faster.

Find what works for you, and stick with it. Who knows, maybe you'll begin to enjoy things that you never did before.

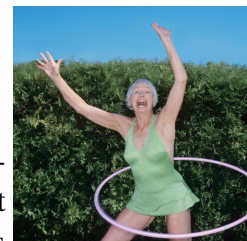
Almost 2 out of 3 people who join my 5 Weeks to 5k running clinic begin by "disliking" running but have a desire to like it. By the end of the 5 weeks, they enjoy it!

S o m e - times it just takes

the right class, lesson, or situation to change your opinion of exercise activities. Find what you like, and go do it!

Here are some tips on making exercise more enjoyable:

- ~Play a game (ball, etc)
- ~Music/Books on Tape
- ~New Shoes
- ~Join a Group Class
- ~Chart your workouts
- ~Get fit with a friend



LIVE FOR IT ALL'S FEATURED EVENTS:

Turbokick !

Part of the summer fitness series, join us on Thursday nights at 6:30pm at East Portal Park for this hip hop kickboxing class! Come, laugh, have a good time, and leave with the best sweat you'll have all week. Spaces limited!

Fun Outdoor Fitness

Continue getting fitter by joining us on Tuesday evenings and Saturday mornings for this "bootcamp" style fitness/weight loss class! McKinley Park

5 Weeks to 5k

The next session of 5 Weeks to 5k will begin on Tuesday evenings at 7pm starting July 6. As always, private sessions are also available! Class is limited to 10 participants.

Marathon Training

Is this your year to achieve your dream of running a marathon?! Join this beginner marathon training group to have fun, and achieve that dream! Training for the 1/2 and full marathon begins July 24! Registration is now open!

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