

Feel the Power

FeelFitClub

10 Quick Tips for Fitting in Fitness

Try a pedometer.

This neat inexpensive gadget fits on your waistband and counts the Number of steps you take in a day. Each day try and add 15 steps.

Invest in footwear.

The best way to start a walking Program is with a good pair of shoes that are comfortable and cushioned.

Work-out while waiting.

If you find your self chauffeuring kids to lessons and events, throw a pair of shoes or in-line skates in the car, and take a 20 minutes work-out.

Housework energy.

Embrace that load of laundry or kitchen floor with some extra energy and stretch-and-hold that dust mop.

5 easy stickers.

Place a gold star sticker in 5 different places around your home and work... the fridge, the bathroom mirror, the T.V., the car radio. Every time you see a sticker tighten your core abdominal muscles.

Start with the cycle.

Bicycles are low maintenance vehicles that almost everyone can ride. Start with a few errands, a ride with the kids then hit the trails.

Buddy-up.

Exercise and fitness is more fun and you are more likely to do it if you make plans with a friend to socialize through activity.

Fridge door prescription.

Set your goals and prescribe your 'treatment'. Put your exercise prescription on the fridge door where you can be reminded.

Count your calories out.

Just like we tend to count our food intake, change the focus to counting your energy output. This is a sure fire way to manage your weight.

Telephone tighteners.

Every time the phone rings and you find your self sitting, try some straight leg raiser or calf raises and before you know it you have done 20 reps x 3 sets.