

## The Joy of Fitness from Morning 'til Night

The key to lifetime fitness is simple. Find physical activities that you enjoy and do them regularly. If you enjoy activity, you won't dread and avoid finding time to exercise. Different people enjoy different activities – so the real key is to find a variety of activities that bring a smile to your face and a bounce to your feet. Here are twelve joyful ways to make fitness an everyday activity for your family.

1. **Greet the day with a stretch:** Early morning activity can energize your day. Even a few gentle stretches can make a big difference.
2. **Walk a dog or several dogs:** New research shows that both dogs and their people lost weight and gained fitness with daily walks.
3. **Play with a child:** Kids naturally love to move their bodies, so moving with them is bound to be fun – indoors or out.
4. **Balance your day with yoga:** Studies show that yoga is good for your body and even better for stress reduction and relaxation.
5. **Splash in a pool:** If moving around on land is hard on your joints, a water aerobics class or lap swim can be a real pleasure.
6. **Toss a ball with friends:** A pickup game of basketball at the gym? An evening volleyball league? Or just a soft foam ball with a child?
7. **Do it to music:** Any activity goes faster when you listen to something. Pick some up-beat tunes or listen to books on CD.
8. **Kick up your heels:** Even short bursts of activity improve your health. All it takes is 10 minutes of activity, 3 times a day.
9. **Do something silly:** Laughter is good for everyone. It moves all the muscles on your face, relieves tension and reduces stress.
10. **Make it a family thing:** A family that plays together, stays healthy together. Give every person a chance to choose a favorite activity.
11. **Try a totally new activity:** Try yoga, Pilates, tai chi, kickboxing or the hottest new trend in fitness classes – belly dancing!
12. **Dance with someone you love:** It's the perfect holiday combination – activity for your body, music for your ears and joy for your heart.

