

Enjoying Physical Activity - Ways to Have Fun Getting Fit

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Your Guide to [Women's Health](#).

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Can Exercise Really Be Fun?

How much physical activity do you get each week? Every one of us needs at least 30 minutes daily of exercise just to maintain our current weight. Those of us who wish to lose a few pounds may need as much as 45 to 60 minutes of daily exercise to achieve the desired results.

How can you make sure you are getting an adequate amount of physical activity? Think of some activities that you enjoy. For example, do you like:

- Dancing? It could be either formal dancing with a dance group, or just dancing around your own house. The point is that you are moving and enjoying what you're doing!
- OK, so maybe dancing is not your thing. How about rollerblading or bicycling? How about swimming? If the weather is right or if an indoor pool is available, swimming is a wonderful no-impact aerobic activity that can both relax you and burn off some calories.
- Maybe there's a sport that you've always loved to play? Do you like to play football? Or basketball? Perhaps the All-American pastime of baseball is your favorite sport. Whether you choose one favorite sport or all of them, gather up some of your neighbors and friends for some old-fashioned neighborhood ballgames next weekend and get the whole neighborhood involved in your quest for improved fitness!

Sometimes being physically active with another person or a group such as on a sports team is more fun. This way you not only get the benefit of physical fitness but you have someone to cheer you on and help you stay committed when you don't quite feel like being active.

In many school districts the high school stadium has a track around the football field (usually a quarter-mile long). These tracks are a great place to walk, jog, or run with a friend. A city park is often a wonderful spot to take a leisurely stroll.

If you really want to go all out with your fitness goals, join a local gym or recreation center.

Hiring a personal trainer is a great way to get your fitness plans started and make sure you are getting the maximum benefit from your workout.

Lastly, if you are one of those people who think you simply do not have time to workout.

Consider making just a few small changes to your daily routine to increase your level of physical activity.

- Use stairs whenever possible.
- Park your car as far from where you are going as possible
- If you ride public transportation, get off one stop early and walk the remaining distance.
- When you are shopping, walk the entire mall or shopping center.