

A Fool for Fitness Lighten Up and Have Fun

By Katherine Adamenko, CPT

April Fools upon us, it's a great time to lighten up and begin to enjoy the longer days and warmer weather. For some of you, that means getting off of the winter warm sofa and getting those feet working again. For others, this is a great time to take a break from the grind of the gym and explore the great outdoors.

For the Couch Potato...

So you've spent the last few months at the bar instead of lifting a barbell or cozying up with one too many movies. If you are hesitant to jump into a gym when the weather is so nice, here are some great tips to get the ball rolling.

Walking, walking and more walking!

1. Wake up earlier and take a half-hour walk in the morning
2. Get off one stop ahead on the subway and walk to and from work
3. Take a lunchtime stroll – even a 20-minute to a half hour moderate walk can boost your fitness level.
4. Take an hour walk after work
5. Walk around the park, the country, the city on the weekends

Even these simple steps can jump start your fitness engines. Try biking or in-line skating to explore new areas or parks.

Take a Gym Break and Try These...

New York City is filled with so many fun fitness activities in and around the city that can add spice to your gym routine. Clubs are great ways to help get you out of the door and to make new friends.

6. Swing into action on the trapeze the New York Trapeze School, classes start in early May (<http://newyork.trapezeschool.com>).
7. If you love to hike, take a look at some of the hiking clubs like the New York Hiking Club, established in 1922 (<http://www.nynjtc.org/clubpages/nyh.html>), or the more challenging Ramblers Club established in 1923, (<http://www.nyramblers.org/>).
8. If you love to cycle, there are great day and weekend trips with the Five Borough Bike Club (<http://www.5bbc.org>).
9. There are a plethora of outdoor team sports available – remember to key here is fun, from dodge ball leagues (yes, dodge ball!) offered by the New York City Social Sports Club (<http://www.nycssc>) to softball offered by NYC Softball (nycsoftball.com).

Just For the Soul...

Sometimes just taking a moment to soak in a little bit of nature can make you take life a little less seriously.

10. Catch a sunrise and a sunset at least once a week, make a wish each time, try do do it with someone you love or want to get to know better.
11. Have a picnic with your favorite good-for-you food and your favorite friends – plan some fun outdoor activities together.

Last but not Least – love, laugh, and smile more tomorrow than you did today!

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