



Lady of America Newsletter – May 2010 – Game On! Fitness: Taking it Outside!

Spring is here! That means warmer days and fresh air give you the opportunity to change your winter routine. Take some time out and hit the playground instead of the gym, or go for a bike ride.

According to a September 2008 report by the American Physical Society, Americans spend 90% of their time indoors working, living, shopping and entertaining. Whether you're a gym rat, yogi, spinner or walking fanatic, taking your routine outdoors challenges your



mind and body, as you have to adjust to different terrains, inclines and obstacles. In addition, the sunshine and warm weather will invigorate and revitalize you. Have fun trying some of these alternative, and effective, workouts:

***Boot Camp:** If you live near a beach, chances are you've seen these weekly camps. Local boot camps are popping up everywhere. No boot camp? A park, playground, hiking trail, track, stairs and hills offer great alternatives. Your body weight provides the resistance for a tough upper body workout and picnic tables, benches and fallen trees are ideal for step-ups, dips and push-ups. Climbing stairs is a great high-intensity cardiovascular workout.

***Hit the Greens:** According to the National Golf Foundation, there are 6.6 million female golfers in the United States. What's not to like? Golfing offers fresh air and the opportunity to log a lot of steps while soaking up some sun — studies show that more than 35% of Americans are deficient in vitamin D. Ten minutes in direct sunlight is all it takes to get the recommended daily dose.

***Hit the Trail:** Why walk indoors on a treadmill when you can power walk, hike or run outside? A great cardio workout, walking, hiking and running are free and can be done anywhere. Plus, these weight-bearing exercises will help tone and strengthen bones and muscles, and pump the heart.

***Rollerblade:** A great cardiovascular workout, rollerblading also strengthens and tones the thighs, glutes, calves and hamstrings.

***Tennis:** Tennis is a sport where you're twisting, lunging and reaching all the time. And this helps improve balance and stability, as well as strength and flexibility. The sport is also good for the heart.

***Bike Riding:** Take your spinning class outside. Not only is it easy on the joints, it works the legs and helps with balance.

***Swimming:** Laps are great, but why not try water pilates or traditional aqua exercises?

***Join a Team:** The list of sports to consider is endless — softball, basketball, swimming, soccer, volleyball, baseball. Playing against others will challenge you to work harder, and you will have an opportunity to meet new people.

***Play With Your Kids:** Run around, play catch, just have fun! If you don't have a child, borrow the neighbor's kids!

***Other Activities:** Wash your car, spring skiing, canoeing, kayaking, train for a marathon or triathlon, touch football.

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