



CONSUMED



www.AmIHungry.com A voice of reason for a society consumed by dieting, weight, food, and eating. Vol. III Issue 1

FITNESS A TO Z: WRITE YOUR PERFECT PLAN

By Michelle May, M.D.

Being physically active is one of the best things you can do for your health and well-being. Fortunately, the options are nearly endless.

To spur your imagination, here are some fitness ideas from A to Z.

- A. Ask a friend to join you.**
- B. Bicycle to work.** Save gas and money while you spend a little of your own energy.
- Bowl.** Join a team or just gather a few friends.
- C. Classified Ads.** One man's junk treadmill can be your treasure!
- Coach youth sports.**
- Community Center.** Look for classes, lessons, and teams.
- D. Dance!** Go to a club, take lessons, or turn up the music when no one is home.
- E. Extra steps.** Every little bit counts.
- F. Fitness centers.** Find a gym that is comfortable and convenient. Pack your clothes and shoes so you can stop in on your way to or from work.
- G. Garden.** Plant flowers, fruit, vegetables, or herbs. The digging, weeding, and trimming are good for your body and your soul.
- Golf.** Walk the course for fitness.
- H. Hike.** Find nearby trails or venture out on the weekends.
- Hire a personal trainer.** They can help you develop a safe and effective fitness program and
- help you stay motivated to reach your goals.
- I. Ice skate.** Indoors or out.
- J. Jog or wog (walk-jog). Jump rope.**
- K. Kite flying.** Enjoy a beautiful day!
- L. Library.** Check out an exercise DVD or book from the library.
- M. Mall walking.** Many shopping malls open early so you can walk in a safe, climate controlled environment.
- Mow the lawn.** You'll both look better!
- N. Neighborhood.** Ask a neighbor to join you for a morning walk.
- O. Organize a team or a league.** Softball, basketball, volleyball are great team sports.
- P. Parks and Recreation.** You'll find sports, lessons, ball fields, swimming pools, and other activities.
- Play with your children.** Rediscover the fun of just playing chase or catch in the backyard.
- Q. Quick stretch.** Take a few minutes to stretch at your desk several times a day to relieve tension and tone your muscles.
- R. Raise money.** Sign-up to walk or run a 5K for a good cause.
- Rock climbing wall.** Try this exciting and challenging workout.
- Row.** Row a canoe, a kayak, or a machine at the gym.
- S. Senior Center.** Most offer recreation, activities, games, and classes.
- Stationary Bike.** Pick one up cheap at a garage sale.
- Swim.**
- Shovel snow.** When you're done, surprise your neighbor and do theirs too.
- T. Tennis.** Play singles or doubles—or practice your stroke with a ball machine.
- U. Use the stairs.** Skip the escalator or elevator. You may need to start with one flight but it gets easier with practice.
- V. Vacuum your house.** It's got to be done so why not boost your metabolism while you're at it?
- W. Walk your dog.** You both benefit from the exercise.
- Wear a pedometer.** Count your steps and set small goals every day.
- Worksite.** Many companies offer onsite fitness centers, discounts for local gyms, and incentives for healthy behaviors.
- X. X-county skiing.** Enjoy this great winter cardio activity.
- Y. YMCA.** Stop in to see everything your local YMCA offers.
- Yoga.** Increase your flexibility, strength, and balance while calming your mind.
- Z. Zoo.** Stroll around the zoo with family or friends for the afternoon.

With so much to choose from, the hardest part is deciding what to do next!

Michelle May, M.D. is a recovered yoyo dieter and the award-winning author of *Am I Hungry?* Download a copy of 101 Things to Do Besides Eat at <http://AmIHungry.com/>.