



CONSUMED



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FITNESS A TO Z: WRITE YOUR PERFECT PLAN

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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 *Eat What You Love, Love What You Eat: How to Break Your Eat-Repent-Repeat Cycle*. Find more articles and resources at <http://AmIHungry.com/>.