

Top 10 Spring Fitness Tips

10. Tackle the yard

You can kill two birds with one stone. Get busy taking care of your household projects. Working in the yard, planting a garden, weeding, hoeing, raking, stooping, pushing a lawn mower, wielding a weed eater and pulling on recalcitrant weeds are all physical activities and benefit your body.

9. Walk

If your ultimate goal is to jog a certain distance every day, start out walking. Going straight from a sedentary lifestyle to running might be quite a jolt to your system. Walk every day for a couple of miles and the next week pick up the pace and start speed walking. The following week break out into a jog.

8. Buy the right clothing

If you are serious about running buy running clothes that will keep you cool and sweat-free. Running apparel that is comfortable and does not hold moisture is perfect. The right running clothes will prevent friction and chaffing and will keep you dry when you sweat.

7. Hit the greens

Take up golf and walk the course, don't ride. If you have to ride in a cart that's okay because you are still getting a workout when you swing the club and bend down to retrieve your ball out of the woods.

6. Outdoor yoga

Yoga can be practiced year round, inside or outside, as long as you have a mat. It's spring time to pull on yoga wear in fresh spring colors and take your routine outdoors so that you can absorb the fresh air and sunshine while you work your muscles. This is the ideal exercise for those who can't tolerate high impact exercise such as running. You will see results. Your body will become longer, leaner and stronger, and more flexible and your posture will improve. Additionally, your mental health will benefit as you learn to breathe and relax.

5. Join the craze

Try something really new! Zumba is the latest exercise craze among the energetic. It is an aerobic fitness program that started in Colombia in the 1990s. The participants dance to International and Latin music doing routines that sculpt the body. Zumba includes resistance training that burns fat and tones the body.

4. Shake it

Belly dancing is an incredible work-out. It may seem a bit out there, but it isn't. You will get the most incredible isometric work-out and will feel the burn. Your tummy will tighten as will your legs and arms.

3. Bond with Fido

Go on a daily walk or a "pull" with your dog. If your dog is particularly energetic and pulls you the entire time this is certainly a good workout for you and for him.

2. Get wet

If you don't have a pool, get one. The blow-up pools are quite affordable and are spacious enough that you can do water aerobics in them. If you do not have a pool at your residence, join the YMCA or the country club and make a regular habit out of swimming laps and/or doing water aerobics.

1. Be patient with yourself

Know that your body is going to revolt at first. You've been lounging on the couch all winter so don't expect your body to be joyous about this newfound fitness regime. It needs to be jump started and that may take a few weeks. Actually, it takes about 21 days for your body to get used to exercise. Within six-weeks, your body will have adapted and can now endure harder and lengthier work outs. Even when your muscles are screaming at you TO STOP, don't. Go at a slow but regular pace and in time you will become acclimated.