

7 Fun Activities to Help You Lose Weight

Exercising and staying fit doesn't have to mean hard work. Simply being active will help you get or stay in good shape... and it's a great way to burn extra fat too. So with that said, here are some enjoyable activities that can help with your fitness and weight loss goals too.

1. Bicycling - When you ask many adults when the last time they rode a bike is, they cannot answer. Although bicycling is a favorite pastime, many adults do not take advantage of this great option for exercise. Not only does bike riding exercise the body and build a stronger cardiovascular system, it allows you to get out and enjoy nature, fresh air, and see new sites.

2. Jogging or Walking - Both jogging and walking are GREAT ways to get fit. Not only do they tone the muscles, relieve stress, create a healthier heart, and improve lung capability, they make you look wonderful, which in turns helps you get excited about doing other exercise for fitness activities.

3. Swimming - Swimming is an excellent way to get into and stay in shape. If you do not own a pool, many high schools have aquatic centers, or there is always the YWCA or YMCA, or your local gym. Many offer water aerobic classes that will help you tighten your body, lose weight, and get a good overall workout.

4. Tennis Anyone? - Tennis is not only a fun sport, but also a great way to exercise. You do not have to be a professional to play - in fact, you do not even have to be good. Just running after the ball alone will help get you into shape. This is a great way to strengthen your cardiovascular system and lose weight. You can find tennis courts in just about every city and if you would like to play but have no idea how, lessons are reasonable.

Tip: Raquetball is sort of a "one person tennis". If you don't have someone to play tennis with, or you aren't feeling sociable, try raquetball instead.

5. Dancing - Dancing is so much fun and whether you enjoy a slow, Ballroom dance or a nightclub packed with people all moving to heart-pumping techno, as long as you are moving, it really does not matter what type of dance or music. The whole idea is to move your body. Dancing has long been recommended as an avenue to fitness.

Tip: Belly Dancing is an excellent workout for your stomach, waist and hips ladies!

6. VCR or DVD - If you have a VCR or DVD, rather than just using it for your favorite comedy or action-packed movie, try sticking in some good workout tapes. Even taking 15 minutes every day to work out will get you started. Try that for two weeks and you will be surprised at the results. Once you see that 15 minutes a day makes a difference, you will be encouraged to increase the time spent.

7. And one of my personal favorites... Yardwork! - Whether you're pulling weeds, planting flowers, mowing the grass or chopping wood: All of these activities can help you get into better shape. Don't cheat yourself though. Using a riding mower to cut the grass won't help you use the muscles or get your blood pumping ;)

So go out and get active, have fun, and work on getting or staying fit too!

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About the Author

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