

Fitness Is For Everyone

We hear a lot these days about being fit. Our society is definitely one that is getting heavier. I do not need statistics to know that, I can just look around at any grocery store or shopping mall and see people who are overweight. Sometimes it seems the overweight outnumber the in shape.

Finding an exercise fitness program is not as easy as you might think. First, everyone has busy lives. We have school, jobs, spouses, family, children and their activities. We have work responsibilities, lawns that need mowing and children who have to get to the dentist. Finding the time to JOIN a gym, never mind actually work out at one can be difficult and require a level of commitment that some are either unwilling or unable to make.

But our lives really do depend on us being fit. While being in shape certainly does not guarantee good health, it has been shown to be beneficial in many areas. And being in shape certainly comes in handy when the escalator is broken at the mall. Or the elevator up to your 6th floor apartment is not working again. So finding an exercise fitness program that works for you is important for everyone.

There is also the matter of self esteem. I know that when I lose those pesky 5 pounds that I seem to love to gain and lose, I feel much better about myself. When I can fit into my skinny jeans, I really do have a skip in my step. Looking good and feeling good are certainly related. Does that mean that all overweight people are miserable? Of course not. It does mean that when you are fit and healthy you feel good about yourself and your life.

SO, what is the answer for the person who would like to get into shape but can not seem to find the time? First, if getting into shape is important to you, you can and will find the time. I run in the morning before my husband goes to work. That means I forgo sleeping in most mornings, but I gain the feeling of having already accomplished something by 7:30am. Being fit is important to me. For some, joining a gym is the answer. Some need the group atmosphere of a gym to keep motivated. There truly is an exercise fitness program for everyone.

Others are looking for an exercise fitness program they can do at home.. Perhaps they have small children and the gym in their area does not provide child care or is too expensive. Perhaps there is no gym in their area or they do not have transportation. Maybe they want to get started at home because they are embarrassed about their fitness level. For them a home based program is best. The good news is that there are lots of at home programs available. They are for every level of fitness from the beginner to the advanced exerciser. Becoming fit is important for everyone. Take the time to find a fitness exercise program that works for you.

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