

Make Fitness Fun

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Yesterday I was talking with one of my boot camp members and she was saying that her sister was getting out of shape and that her sister didn't want to go for a run with her or lift weights because it was boring.

I found out after a few questions, that her sister was a former athlete and up until recently had still been competing in sports for her high school.

If you know someone like this, then I recommend you find a way to make fitness fun for them. The easy way to do this would be to incorporate their sport and competition into their fitness program.

A great example would be the cardio workout we did on Tuesday. A few of my boot camp clients joined me out at Blossom Athletic Center for a high intensity cardio session. But, instead of just making them run 1000yds of boring sprints, I brought a football and had them run pass routes for 1000yds. This was great because it kept their mind off of running and allowed them to have fun and at the same time caused them to work harder because they were chasing a football, so they had to run fast to catch the ball.

Fitness is meant to make you healthy, but don't forget that health is a mental state as well. If someone is dreading working out, then change it up and incorporate a sport or some form of competition into the training. This will get them fired up and excited about their workouts!

Make it a great day San Antonio!

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