

## Fun Ways to Kick-start Your Health & Fitness This Spring

It's finally time to put the Wii Fit away! Here are some fresh ideas to help you get out and kick-start your health and fitness routine this spring.

- 1) **Get outside** – walking, jogging, running, biking, in-line skating...do anything that gets you some fresh air!
- 2) **Fire up that grill** – Lean meats and veggies on the BBQ are delicious and nutritious.



3) **Participate in recreational sports** – The city is littered with golf courses and tennis courts for your enjoyment.

4) **Update your workout** – A new batch of exercises every 6-8 weeks will help to keep things fresh and maximize the benefits of your fitness program.

- 5) **Try a new class** – [yoga](#), spinning, [Surefire Fitness 4tFIRE](#), or complete a [Surefire Fitness Challenge](#).
- 6) **Join a team** – softball, soccer, beach volleyball, running club, etc...
- 7) **Play with new toys** – Learn to use a new training tool such as a physio ball, balance disc, or Bosu to keep your workouts fresh. For a challenging full-body workout, we highly recommend the [TRX!](#)
- 8) **Go for new fruits** – Spring means mangoes, pineapples, strawberries and apricots are now in season.
- 9) **Kick it up a notch** – Use hills to increase the intensity of your run/walk or use the bleachers at a nearby football or soccer pitch for a high intensity stair workout.
- 10) **Bring your [TRX](#) to the park** – Hook it around a sturdy tree and you are set for a butt-kicking full-body workout.



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