

Walk or Jog:

- Go outside...this is not only more challenging than a treadmill but it is also great mental therapy.
- Don't have a good area to walk? Go to a high school track when school is out for the day and when there aren't any practices going on. Turn your music or audio book on and then base your workout time on the number of songs you listen to. Average song is 3-4 minutes.
 - No music, then count in your head the number of laps you do. Four laps are equal to one mile. I used to do this in college but I ran around the football stadium then drove around it once and clocked it.
- Aim for a runners high. This usually doesn't kick in until later in the run/walk or when you're done.
- When walking or running on the road go against traffic.
- If you ever see people running on the grass next to the sidewalk, most likely they need a softer surface to run on so they don't get shin splints...in case you were wondering. Yes, they know what they are doing

Jump rope:

- Jump to music, this is a must! With the music playing while you are jumping you can put some dance moves in with the jump. This can be really fun.
- Get a leather rope. You can get these at your local sporting goods store.
- While you're jumping listen to the taps of the rope when it hits the floor or pavement, then get into a rhythm or pattern. This is also fun.
- Try not to mess up.
- Aim to go for at least 20 minutes. You will burn twice as more calories jumping rope at a medium rate for a consistent time than you would run for that same amount of time. I could go for 30 minutes...especially if I were listening to the Gipsy Kings. Can you beat my record?

Cycling:

- This is best done outside. Again its great mental therapy and you won't know that you are working out.
- Wear a helmet. It's not the 1980's.
- Make sure you fit your bike to your body properly. I used to sell bicycles and a lot of people made the mistake in not fitting the bike correctly to their body and they couldn't figure out why their body hurt afterward. You should have a 2 inch space if standing on the ground over the male bar on a bike.
- When cycling on the road please follow traffic rules and please ride with traffic. Do not ride against traffic, it's dangerous and you look like an idiot.

Hiking:

- This is my all time favorite 'recreational' activity. It's challenging, it's interesting, it's high quality mental therapy, and it's a great workout.
- Wear a backpack and include some water, a protein snack like nuts, a carb like the Real Fruit Bars (click), put in a pocket knife, matches or a lighter, a little newspaper, a wool hat, 100% wool socks, a rain poncho, cell phone, whistle, bandages, sports tape (in case there are blisters), bandana, and a couple warm packs. Do this especially if you are in the mountains or wilderness area. If you're in the local State Park then not all is necessary, but it might be fun anyway to just imagine that you are elsewhere. Remember; use your imagination to make this an adventure.
- Get some good hiking boots. Leather ones are preferred. Go to your local sporting goods dealer and ask the sales person. Then make sure you break them in good before going out on a three hour hike.

Aerobics:

- I'm not a big fan of going to a class because I find that I am more focused on trying to follow the instructor than getting a workout. Not to mention I get frustrated when I can't keep up with all the funky moves and I pull a muscle in the process.
- What I do is pretend that I am the instructor in the privacy of my own home or backyard. My students are either the pictures on my wall or the trees in my backyard. And yes, be verbal and shout out instructions. This is fun. And who gives a rip if it's childish...you want to have fun, right? Kids definitely know how to have fun.

Yard work:

- This is probably my second favorite 'recreational' activity. It is visually rewarding.
- Push mow your lawn
- Pull weeds, don't just spray them.
- Plant some colorful joy in pots or in the ground.