

Exercise Can Be Fun!

So, you don't like exercise. There are many ways to be physically active without doing what you might consider "a workout" or "exercise."

- Go walking with others.
- Dance.
- Get the whole family involved in some physical activity like walking at a park.
- Find a beginner's exercise class that you might enjoy.
- Do housework or yard work to music. Move with the music as you work.
- Try out a new sport or activity.
- Go bicycling with family or friends.
- Check out your local community center for upcoming events.
- Play golf. Carry your clubs to burn more calories or use a pull cart.
- Rent a kayak or bicycle for the day.

