10 Fun Ways to Exercise



Article provided by: https://fitnesswikipedia.com/

Do you like to exercise? I didn't think so and I too used to dread my exercise program more than any other part of my day. Then I started to think differently about exercising. I discovered that anything could be considered exercise, even activities that were fun.

Fun Ways to Exercise #1: Hiking

Hiking really is a fun way to exercise. Whether you hike to a waterfall or your plan a romantic picnic at the end of your hike, you'll never realize that you're exercising because you're having so much fun.

Fun Ways to Exercise #2: Shopping

Who doesn't like to shop? Okay, so women enjoy shopping more than guys do, but still this is such a fun way to exercise. You can go to a large shopping mall and spend the day walking and shopping, or you could go to a large shopping center and park at one end and walk all the way to the other end.

Fun Ways to Exercise #3: Basketball

Basketball really does work up a sweat. This is a fun exercise that you can do on your own or with your friends. Just don't stand there and shoot hoops though, run up and down the court (or driveway) and get a good workout.

Fun Ways to Exercise #4: Swimming

Swimming is a really good way to burn calories and now pools can fit into virtually any space thanks to the endless swimming pools. An endless swimming pool really is the way to go if you have access to one because you don't have to keep turning around.

Fun Ways to Exercise #5: Gardening

What time of the year do you do most of your gardening? Most gardening is done in the spring and early summer, which is a nice time to get out and exercise. Gardening can be fun and enjoyable, but it can also be healthy because it provides fresh vegetables for you and your family.

Fun Ways to Exercise #6: Tennis

Tennis can be fast paced so it really does work up a good sweat. Also, tennis is fun, especially if you're a competitive person.

Fun Ways to Exercise #7: Soccer

This is something you can do with your kids. Go out in your backyard and kick a soccer ball back and forth with them. This exercise can quickly work up a sweat, but it's so fun you'll never realize you're burning tons of calories.

Fun Ways to Exercise #8: Decorating

If you love to decorate, you may not have realized what a good workout it is to move furniture around. Also painting can burn several calories as well. But, you're having so much fun decorating that I bet you've never thought of it as exercising.

Fun Ways to Exercise #9: Landscaping

Planting flowers and bushes around your home is so relaxing that you usually don't notice that you're sweating. But, while you're doing all that landscaping you are burning a lot of calories, especially if you are moving dirt and large bushes around.

Fun Ways to Exercise #10: Sex

I had to mention it sometime, didn't I? I'll leave it to you to figure out why this is a great way to exercise.