



## Healthy Hobbies & Fun Fitness

Truth be told, I really don't like exercising whatsoever. My wife Holly does, but I'm not her. 😊 On the other hand, I really do enjoy training and playing hard...at just about anything. So, if you feel like, "I've just never been one to exercise", then think about what interests you have that require significant exertion. Things that you really enjoy or that maybe you think you could enjoy. For example, if you like to ski, golf or play tennis then you might have a goal to do it better at this age than you could 5 or 10 years ago. That would require a lifestyle to include stretching, hydrating, balance-core-stability work, strength training and so on. Now you are no longer exercising, you're training with a purpose. It's totally different because you will have more motivation and each day you are reminded that you will be having even more fun at your hobby.

Another consideration is what balances you in nature. Most of us will just feel better getting out for a walk, hike, swim, surf, kayak, jog, bike ride or some activity where you can be in consistent movement while also absorbing the good vibrations of mother nature. The enjoyment and fulfillment overshadow the fact that you are engaging your muscles, joints, lymphatic, endocrine and nervous systems. You don't have to be in a gym to get more fit. And to help to assure that you can keep those activities up well into your 80's, 90's and beyond, God willing, then you will implement all that you are learning in Vitality Moves as cross-training for a long healthy and active lifestyle.