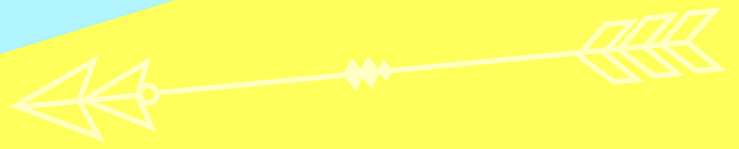


# May 2019

## Physical Fitness



### Make Fitness Fun

As children, running, jumping, and physical exertion are a fun part of everyday play. As adults, we tend to only associate these activities with exercise routines. Add some physical activity to your day with these fun activities. You might not even realize you're getting exercise.

**Have a chore-fitness challenge day.** Household chores such as mowing the lawn or washing the car, can actually burn a good amount of calories. Plan a day for the whole family to do chores and offer rewards for completed tasks.

**Explore a park or hiking trail.** Map out all the local parks and trails and make it a challenge to visit them all over time.

**Dance.** Dancing is a great way to get your heart rate up. You can have so much fun doing it that it doesn't feel like exercise. Find a local dance program or put some music on in the living room and have a dance party.

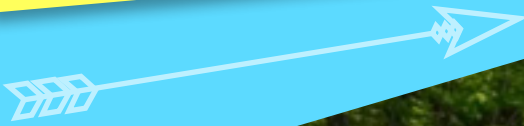
**Challenges.** Download some fitness apps on your smartphone and compete with friends and family.

**Plan an active vacation.** Stay at hotels with swimming pools or go camping and hiking. If you visit a city, try exploring on foot.

Having fun with fitness can encourage you and your family to lead more active lifestyles.

Want to add more fun to physical fitness? Try incorporating music into your workout by creating your exercise playlist on the back.

Source: WebMD.com



# May 2019

## Physical Fitness

Music can have a big impact on your mood and energy levels. Listening to the right music while working out can motivate you and make you forget how hard you're working. Also, trying to skip through random songs while exercising can break your focus. Use the guide below to create your perfect workout playlist and have a happy workout.

### Warm up

Choose songs that inspire and motivate you to get up and get moving. These songs should have a moderate speed tempo, not too fast.


### Build up

This should be a fast song, something fun and exciting that you love.

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### Pump up

Choose fast, exciting, and rhythmic music with a tempo of 120 - 130 BPM.


### Keep up

Your energy may be starting to slow during the last part of your workout. Choose songs that you love and that will motivate you to push through.


### Cool down

To ease yourself back down into non-exercise mode, choose songs with slow tempos. These are your "I did it" songs.


*This guide will make a playlist for an approximately 30-minute workout (including warm up and cool down). Add more songs where needed for longer workouts.*

Source: WebMD.com

Learn more about how music can [boost your exercise](#).

Read about more ways to put fun back into fitness [here](#).

Embrace the power of play! Read more about the benefits of play [here](#).