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Spring into the Outdoors...

...And Play, Wander, Explore, Compete and More!

-- Wednesday, April 05, 2006

By Michael Scholtz, Biggest Loser Club Fitness Expert

I've noticed a new mood on the site lately. People are starting to mention a change in the weather--temperatures, flowers, and moods are all coming up!

One of the biggest benefits of warmer weather is the opportunity to get outside again. When you're not walled in by the gym, your imagination can roam. Suddenly you're taking in the beauty and the aroma of spring and your mind is far away, the "real world" long forgotten.

Time takes on a different feeling. You'll find that you don't stare at the watch, or wonder when it's going to be over, or focus on the "next" thing. Instead, you'll be deep into what you're doing and time and your movement will flow together.

This feeling of flow can happen in a gym. But outside, the possibilities for finding it are boundless because movement becomes more than just exercise. There is purpose and reason to it that goes well beyond how many calories you're trying to burn.

If this sounds like a place you would like to discover, read on!

Wander...

...outdoors, wade in a stream, climb a mountain, walk around a lake or along the boardwalk. Let yourself go without a watch. Enjoy the walk for the walk's sake and make the location and the experience the only reasons you need to put one foot in front of the other.

Play...

...with your kids (or a friend's), fly a kite, throw a ball with the dog, play a round of golf or game of tennis. Coach a little league team. Teach the kids to swim.

Work...

...in the yard--bending, walking, lifting, balancing, carrying, twisting. Sound like the latest aerobics class? Nope, it's just an invigorating session of gardening. But, if you keep it moving, gardening burns as many calories as walking 3 mph!

Compete...

...in a sport or personal challenge. Compete with yourself or a partner or as part of a team. This is not for everyone, but if you like to challenge yourself it can be the perfect motivation. Want to finally do that 5K? Now is the perfect time to plan for that summer goal.

Explore...

...new opportunities offered to you by your new found or rediscovered fitness. Go to a new place and see it on foot or by bike instead of from the seat of a car. You might be surprised how many of these "new" places you can find in your own city!

Give back...

...to the community. Work for Habitat for Humanity, help out with a local clean-up project, or school beautification day. Work up a sweat that benefits others and it feels twice as good!

Gather...

...your own food. Pick your own strawberries, find that blueberry patch you've heard about, or take in the sites and sounds of the local farmers market while you pick the freshest fruits and vegetables.

Vacation...

...like a child. Remember when you couldn't sit still, and it drove your parents crazy and