



powered by

navigate^o



Unconventional Ways to Improve Your Fitness

If you struggle to maintain excitement about your workouts, it might be time for a fitness makeover. Give yourself a boost of motivation by incorporating some new forms of physical activity into your routine. Here are some unconventional ways to improve your fitness:

Ariel Yoga

Most people are familiar with traditional styles of yoga, but aerial yoga takes it to a whole new level. This modern format incorporates hammocks that hang from the ceiling, allowing participants to dangle above the ground in various inverted poses. It is guaranteed to bring a smile to your face.

Hula Hoop

Hula hooping can be a fun way to spruce up your fitness routine. It may take some time to get the hang of it, but once you do, it may very well become part of your permanent workout plan. If you have kids in the home, they may want to join in on the fun, too.

Dancing

Grab a dance partner and take some dance lessons. Experiment with tango, swing, ballroom, or one of the many other styles of dancing to find one that you enjoy. Since many classes are available online, you do not even have to leave your living room.



Consider incorporating some nontraditional forms of physical activity for a boost of motivation when you need it.

Aqua Aerobics

Water aerobics has been around for a long time. One reason for its popularity is that it is easier on joints, which makes it a great option for people who have issues with balance and stability.

Belly Dancing

If you are looking to spice up your fitness routine, belly dancing might be worth a try. It does not require any special equipment, and it is impossible to not have fun. Consider inviting a friend to join you for some extra belly laughs.

Treadmill Workstation

If you get stranded behind your keyboard a lot, take multi-tasking to the next level. Treadmill workstations include a desk, so you can type away while you walk. Most models limit your max speed as a safety precaution. If you struggle to get enough physical activity throughout the week, this might be an effective way to get it.