

Getting fit for summer

The days are longer and the sun is out. Now, comes the question.....Do you dare put on that bathing suite? How do you trim off those extra pounds without adding much to your already demanding schedule? One way is to add workout into your everyday routine. The following are a few suggestions.

One is to take the stairs at work and wherever you are. This can add a great deal of benefit to your health without adding much if any time to your schedule.

Secondly, if you can find an assignment with housing close to where you work, you are set. You can walk, jog, or ride your bike to work and back. It's a great way to start your day. You save on gas and while polluting the air less. The summer is a great time to get outside and run around. This way, if you work during the day, you won't feel like you didn't get a chance to get outside all day because you were inside a hospital. The benefits are tremendous. It won't feel that much like you are working out because you will be focused on getting to work. You have a purpose.

Finally, companies are starting to make shoes that improve your posture and give your legs a workout while you where them. If you where them at work, you can work out your legs and write it off as part of your uniform expenses. Below are a couple of links to shoes that fit this description.

http://www.comfortshoeshop.com/catalog/brand_landing.php?manufacturers_id=28&site_ackingid=322202

<http://www.solutionscatalog.com/jump.jsp?itemID=789&itemType=CATEGORY&path=1%2C2%2C4%2C789>

These tips you can take with you anywhere. If you combine all of them, you can make an impact on those thighs for summer without even working too hard. If you already have a workout program, this can help you get that little extra benefit to look that much better. The sun is out and it is great. Remember, you at least 15 minutes of sun a day to get your daily dose of vitamin D.