Add Some Fun Into Your Workout and Diet

Working out and dieting can be tedious, tiresome, and generally undesirable. But since treating our bodies with care is of the utmost importance, maintaining healthy exercise and eating habits is essential. Luckily, there are ways to add zest to the practices of working out and dieting, making both – dare I say it – fun.

The easiest way to enjoy healthy eating and exercising is to mix up your routine. Break out of your everyday rut of the same workout, same meals with new activities and new foods.

Spicing Up Your Workout Schedule

The gym is not the only place where you can achieve a decent workout. Challenge yourself to be creative and explore all the options around you.

1. **Get outside.**

Doctors started prescribing outdoor exercise for individuals suffering from a slew of medical problems. Why? It's extremely beneficial, and, for some reason, people find it easier to adhere to a workout regimen when it takes place outside. Here are some outdoor exercises to include in your workout schedule:

- Trail running through a local park
- Biking to a destination (rather than driving)
- Playing tennis with a friend
- Surfing or skimboarding at the beach
- Jumping rope
- Lap swimming (or just swimming around) at the pool

2. **Join a class.**

Working out in a group is great. There’s increased motivation to keep going, accountability to show up to the session, and camaraderie that accompanies group activities. There’s always a chance of making new friends, too. Here are some classes/group activities to consider:

- Spinning
- Yoga or pilates
- Boot camp
- Running/walking group
- Zumba

Make Your Healthy Food More Fun

Dieting doesn’t have to be boring, limiting, or even a struggle. There are ways to make it more fun and satisfying. Just get creative.

1. **Enhance Presentation and Appreciate Every Bite**

No food reaches maximum satisfaction potential when it’s consumed in mere seconds in the standing position. Instead, put effort into your food’s presentation and take your time eating it. Dress up your table, light some candles, and beautify your meals as much as possible. Make sure you’re eating from a plate (or bowl) while sitting.

2. **Explore New Foods**

As with exercising, mixing up a routine adds fun to dieting. Without variety, you could become bored and stray off course. Sticking with just a few meal options also makes you feel limited. In reality, healthy eating offers a limitless number of meal possibilities. Ask fellow healthy eaters for recipes or peruse recipes online and try something new when you’re feeling bored.

3. **Challenge Yourself on Paper**

A healthy diet is one that’s balanced: made up of different

colors, different vitamins, and minerals, different tastes. Make sure you're getting all that you need by keeping a chart and documenting your consumption. Forget calorie counting and aim instead to achieve balanced, clean eating. You can even invite friends to do it with you, and make a competition of it.

- *Doctors' new prescription: Don't just exercise, do it outside* – the guardian
- *How to Skimboard* – Outdoor Board Sports
- *3 Reasons It's Better to Work Out With a Group* – Active