Make Moving Fun!

Exercise doesn’t have to be burdensome and unpleasant.

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Exercise is a way to a happier, healthier life, says Kat Napolitano, the founder of KatNapFitness.com and a former choreographer for the Miami Heat cheerleaders. Currently, Napolitano is a fitness instructor who says it’s more important to focus on becoming more active rather than reaching a weight or size. Many health experts agree.

Generally speaking, experts say it’s better to be physically active for at least three days each week. “The reality is, we all should exercise regularly,” Napolitano says. “It really only takes 30 minutes four to six times each week to make a huge difference in your health.”

She suggests using everyday activities as exercise. “Meet your friend for a walk; take the stairs instead of escalators and elevators; play tag, golf or go skating with your kids; or walk your dog,” Napolitano says. “Or do some squats while your coffee is brewing.”

These suggestions are right on target. Both aerobic activities and strength training are necessary for optimum fitness, advises the Office of Disease Prevention and Health Promotion.

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