

Hobbies That Keep You Fit

Description

When weâ€™re young, we spend a lot of time on our feet. As kids, we run around playing. Then we get older and start playing sports and riding our bikes with friends. When weâ€™re at school, we walk there and back and spend our lunch hours on our feet. Even if you go away to college, you spend a lot of time on your feet between classes, you might work part-time in a bar or restaurant, constantly running around, and you spend your evenings dancing and having fun. The first chunk of our lives, we barely stop moving. We burn off calories. Weâ€™re strong, fit and healthy.

Then, you get a job. Some of us work on our feet and maintain a naturally active lifestyle. But, many of us donâ€™t. We have office jobs, we work from home, or we have a desk in a larger space. We spend most of the eight-plus hours that we are at work sat down. We barely move for hours at a time. You might even drive to and from work. Then, you get home, and you feel too tired to do much. Suddenly, you arenâ€™t burning the calories and keeping fit. Itâ€™s not uncommon for people to gain weight and feel a noticeable drip in their fitness levels as soon as they settle into a job.

If you are a gym bunny, thatâ€™s great. If you love working out, running and [lifting weights](#), you are unlikely to struggle with your weight or fitness. But, not everyone does. If you donâ€™t enjoy going to the gym, you wonâ€™t stick to it. Youâ€™d be better off finding hobbies that you enjoy, that keep you moving and active and improve your health and overall strength. Letâ€™s take a look at some of the things that you could try.

Judo

Judo, and other sports like it, can be great for your mind and your body. Your muscles will tone and strengthen, youâ€™ll get a cardio workout, and youâ€™ll learn to focus and maintain concentration. Look for more [information about Judo](#), and check for classes in your local area.



[Source](#)

Dancing

Have you ever wondered how you used to spend hours in nightclubs drinking sugary, high-calorie drinks without gaining a pound? It was because dancing is incredible exercise. Whether it's ballroom or street, dance burns a massive amount of calories and helps to tone your core, back and arms, and legs.

Gardening



[Source](#)

Gardening can be utterly exhausting. Even if you are sat planting and digging flower beds, and you barely feel as though you are moving, you can feel tired and achy the day after. If you haven't got a

garden, consider an allotment.

Cooking

Cooking can be surprisingly active. You move around the kitchen, bending, reaching and stretching. While you cook, you aren't still for a second. [Kneading bread](#) is a fantastic example of a recipe with a workout. Cooking more also gives you an opportunity to learn more about [healthy eating](#), and ways to make more positive choices with your food and eating habits, which can also go a long way to improving your fitness and looking after your body.

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