

# Unathletic ways to work out

With summer just around the corner, everyone is working to be beach body ready. Here are some tips for those who are not the most athletic individuals and for those who want ways to amp up their workout to ensure success.

**christiana meyers**  
staff writer

## Zumba

courtesy of zumba.com



Zumba is the dancing sensation that is sweeping the nation. Although it may seem embarrassing to participate, it is a fun, exciting way to exercise that makes you forget you are even working out in the first place. Many local gyms host zumba classes for low prices so it is easy and affordable. Zumba works out your core and leg muscles and will have you shedding off pounds in no time.



## Yoga

Yoga is a fun way to workout and it has many benefits. Yoga helps to improve your flexibility and can even help ease pain in your joints. It decreases blood pressure and relieves stress. You do not need to be extremely flexible in order to enjoy yoga. It is a creative way to change up your workout and is a good exercise that both guys and girls will enjoy.

## The do's of working out

- ~Ditch the boring treadmill and weight room routine. Keep it fun and something you will want to do
- ~Drink plenty of water before, during, and after workouts
- ~Diversify your workout. If you do the same exercises day after day, you'll quickly get bored and are more likely to miss a workout
- ~Work out with a friend to help motivate yourself
- ~Start off small and work your way up. Assess your current fitness level and build up from there.

## The don'ts of working out

- ~Don't set unrealistic goals. If you have unrealistic expectations you are setting yourself up for failure
- ~Don't forget to reward yourself occasionally. A brownie every other week or so is okay and can help you stay on track
- ~Do not skip breakfast. It really is the most important meal of the day as it kick starts your metabolism
- ~Don't give up and don't get discouraged. Keep working at it until you reach the goal you wanted. Unfortunately it takes time but it's worth it