



From Murfreesboro's

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Fitness isn't as difficult as you think ...

MURFREESBORO, Tenn. – It is summertime and along with it comes thoughts of shedding a few pounds, but, health experts agree that being active and getting exercise doesn't have to mean spending long hours in the gym or running a marathon.

Small steps can make a huge difference in your health and well-being, wrote Allison Davidson, Fitness/Wellness Coordinator at Sports*Com. Here are some simple ways to make movement a part of your life. Try a few and soon you'll be wondering how you were ever not active.

- Take the stairs whenever possible. Avoid searching for the closest parking spot and take one further out. Take 10 to 15 minutes of your lunch break and walk outside. No place to walk or it's raining? Do squats and lunges in the break room or your office. If you can, stand more at your desk rather than sit.
- Take regular "standing" breaks if you are at your desk or computer for long bouts of time.
- Take a walk after breakfast, lunch or supper or whenever possible.
- Play outside with your kids, pets, friends, or neighbors.
- Do squats, lunges, push-ups and crunches during the commercials while watching TV.
- Join a sports team (Parks and Recreation has a lot of team sports to offer adults and children).
- Try an exercise class Sports*Com, 2310 Memorial Blvd. or Patterson Park Community Center, 521 Mercury Blvd.

Information on recreation programs can be found at www.murfreesborotn.gov/parks