



ninefourfour

Home. Photos. Happenings. Blogs. Lifestyle. Fashion. Magazine.

Read it. Grab it. Order it.



### Get Your Butt In Gear!

2009-09-04

Summer's ending, so guess what? It's time to pump it up. A walk to the ice-cream shop and back doesn't exactly count as "exercise," but every little bit does add up. The point is, you can do better! Just because you're tired and it's warm doesn't mean you can lie on the couch all day cougar-style. Get moving, girl!

Take advantage of summer's last days while you can. It's not too late to tone those abs and develop a fitness routine! Here are 3 quick, easy, and FREE ideas to sculpt your body and help you feel healthy.

#### Jogging

The end of summer is rife with community and charity 5ks, 10ks, and even longer runs. Jogging is a great way to get in some cardio, and you don't need any fancy supplies, so try lacing up your sneakers and hitting the trail a few times a week.

#### Laps

Get in some freestyle or backstroke in your community pool. It's easy to do this with a friend, and it tones your muscles without putting a lot of strain on them. If you don't know how to do specific strokes, that's OK! the important thing is that you're moving!

#### Power Walking

This activity is totally underrated! Power walking can be as intense or relaxed as you want! it's completely self-paced. Find a speed that works for you, and go with it. Be consistent, and keep it up!

Are you still reading? Every second you park it in front of the computer monitor is another end-of-summer second you're wasting, and trust me, you'll regret it when the warm weather slips away and you're still parked on the couch. Get out there and move!

Good luck Gals! Jenn

FACEBOOK: <http://www.facebook.com/jennifercohen16?ref=ts>

TWITTER: [http://www.twitter.com/ngr\\_girl](http://www.twitter.com/ngr_girl)

WEBSITE: <http://www.ngrfit.com>

Written by: Jennifer Cohen

Filed under:

ShareThis

**Comments** [Add Your Comment](#)

No comments, yet...

**Leave Comment**

Your name:

Your e-mail:

Comment:

**Commenting Options**

Enter your personal information to the left, or sign in with your Facebook account by clicking the button below.

