

*Keeping fit during a move can be very difficult. Here are six smart tips to keep you trim while you relocate.*

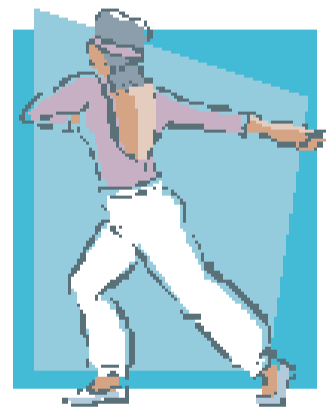
1. **Don't overdo it.** When you do too much and your muscles get too sore, you can't work out for days. If you work out while you are still sore you will do more harm than good to your muscles and recovery time.
2. **Take advantage of the disruption in your regular schedule.** Now that you are relocating it is a perfect time to think about scheduling in exercise regularly. Get your planner out and mark off an hour three days a week to start, more if you already were working out regularly in the past.



3. **Use good form when you are moving all of your things!** First, it will provide you with some good exercise, and second, it will prevent you from getting injured and not being able to work out for an extended period of time after the move.

4. **Decide whether you are going to work out at home or in the gym.** If you are going to do it at home you need to make a space to work in. Make sure to keep it clutter free so you aren't tripping over anything while you exercise. People are much more likely to do the workouts in a designated area. If you are planning to use a gym, start scouting a week or so before the move if possible. Most gyms will give you a full tour and possibly one day pass so you can try out their equipment. Make your decision and get your membership set up before you start moving so you can jump right in on day one. If you are coming from too far away, most gyms will do all of the paperwork over the phone.

5. **Learn some exercises you can do with just your body weight.** Even the best laid out day can take longer than you think. Don't miss a workout because you don't have time to go to the gym or didn't move your equipment to the new home yet. Learning five or six good equipment-free exercises can still provide you with a decent full body workout.



6. **Remember, it only takes a week to start becoming detrained** in cardio exercises and two weeks to start becoming detrained in resistance exercises. Every day you put off getting started is time you have actually regressed!

For more information, call or email  
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