

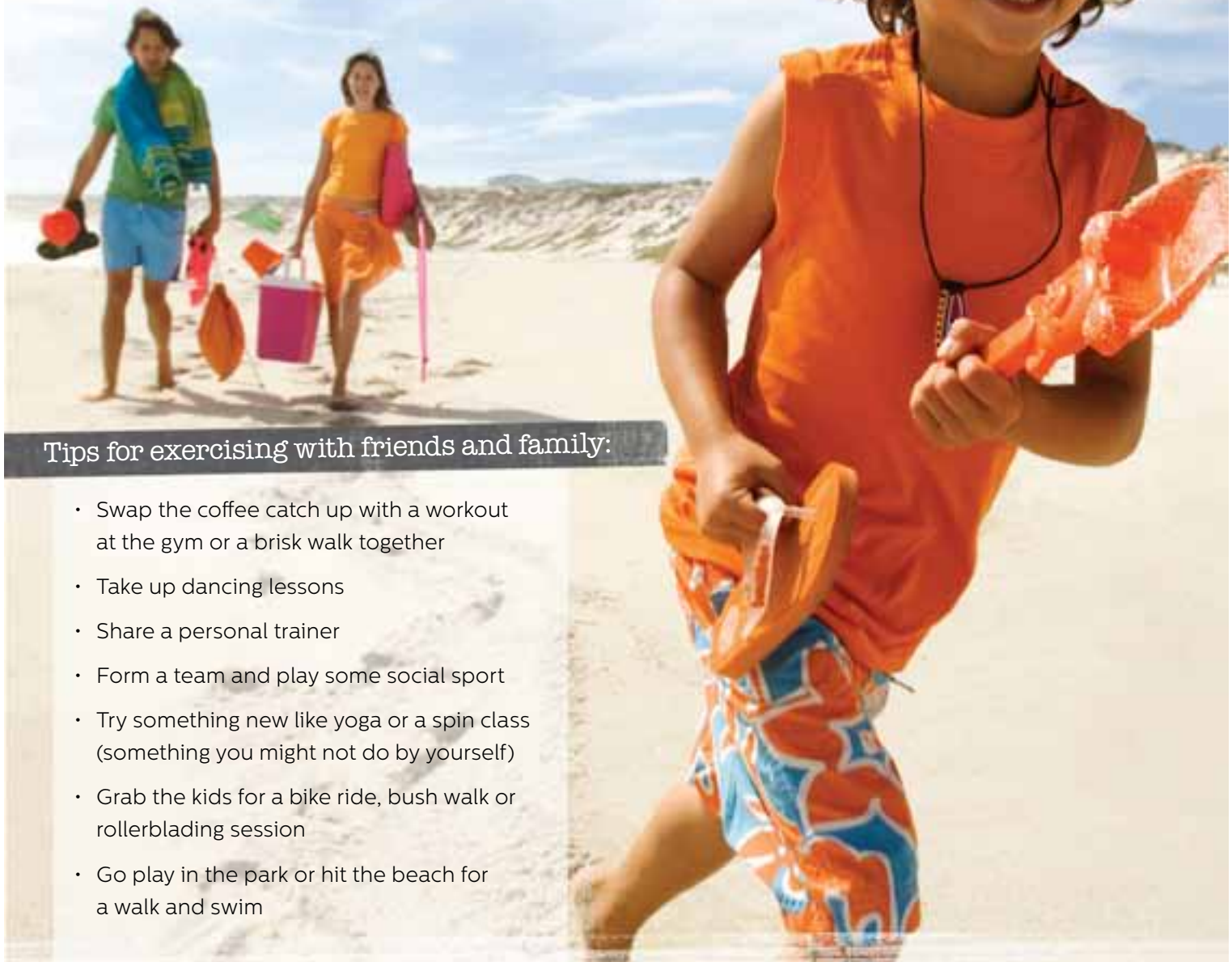
Fit together

Exercise with friends and family to fight boredom and stay motivated

When it comes to weight loss and exercise, two or more heads (and bodies) are always better than one. Setting goals with others is a great way to stay honest and motivated because let's face it, turning off the alarm and rolling over is a lot harder when you have people waiting to exercise with you.

Exercising with friends and family is fun, and because you're on a shared journey, you can bounce ideas off each other and track your progress a lot more effectively.

So go on, grab a friend or the family for some quality time exercising and get your summer fitness regime up and running together.



Tips for exercising with friends and family:

- Swap the coffee catch up with a workout at the gym or a brisk walk together
- Take up dancing lessons
- Share a personal trainer
- Form a team and play some social sport
- Try something new like yoga or a spin class (something you might not do by yourself)
- Grab the kids for a bike ride, bush walk or rollerblading session
- Go play in the park or hit the beach for a walk and swim