

# PeakLife SA

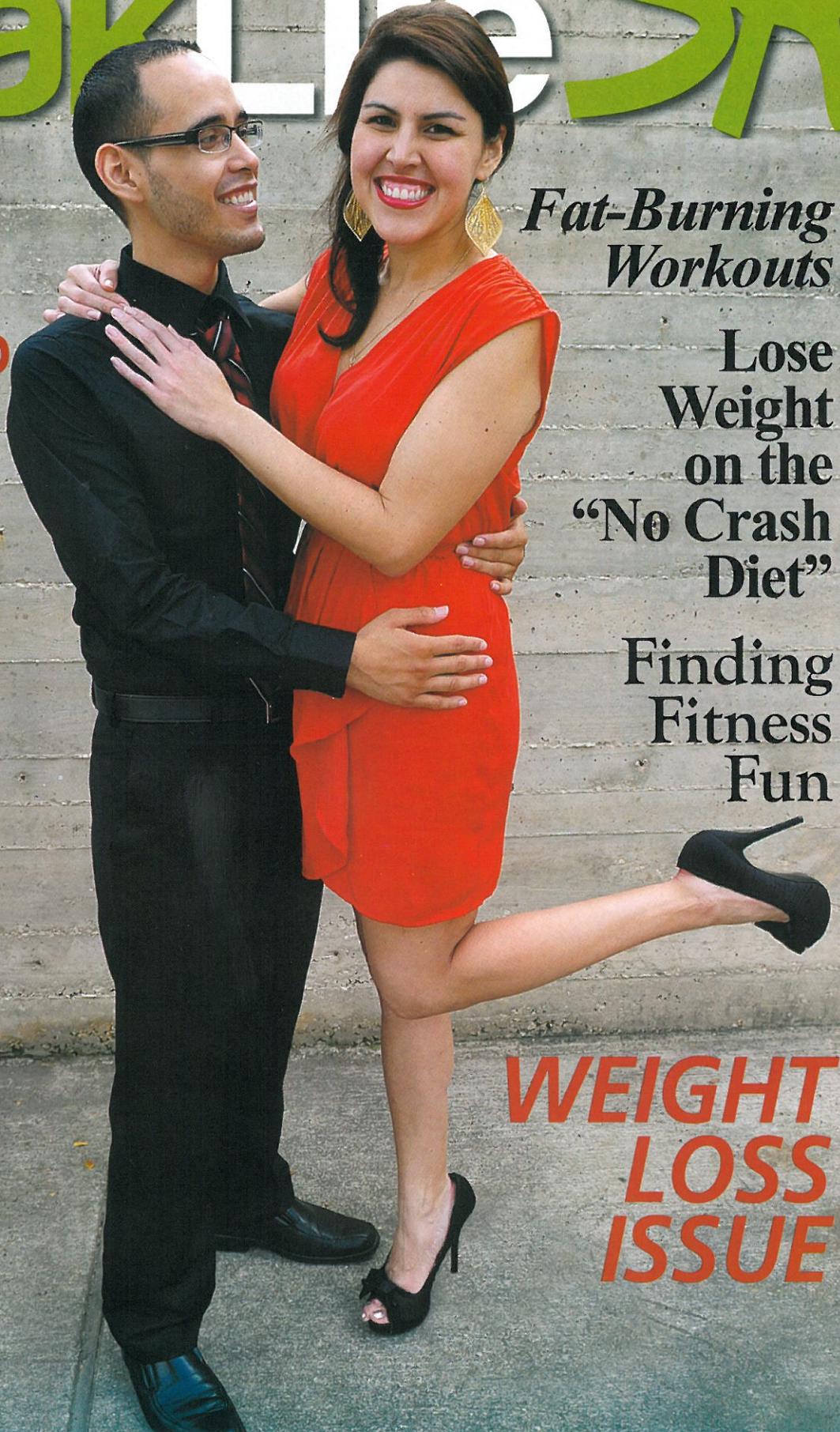
**VIVIAN  
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250 LBS!**

*Fat-Burning  
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**Lose  
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Diet"**

**Finding  
Fitness  
Fun**

**WEIGHT  
LOSS  
ISSUE**



**BEFORE**



**BEFORE**



# Finding Fitness FUN!



By Julia Diana

*Looking for ways to bring the joy back into your exercise routine? Maybe the key is to throw out the "routine" and try something new! Here are some ideas that are so enjoyable, you may not realize you're toning muscles and burning calories.*

*Golf is a game for all ages. "But it's expensive, time-consuming, and not really even exercise," you might say. However, nine holes on any of one of San Antonio's municipal courses is very affordable, and if you walk the course with a bag full of clubs on your back, you're getting in a serious workout.*

It's mental exercise, too. It's a glorious competition with yourself and your partners. You learn your limitations, and every once in a while you're rewarded with an impressive outcome that keeps you coming back for more. The bonus of bonding with any partners you may bring along while walking in a beautiful setting among trees and rolling hills cannot be underestimated. (More info can be found at [www.alamocitygolftrail.com](http://www.alamocitygolftrail.com).)

Visiting any of the 41 miles of the Howard W. Peak Greenway Trails is a

great way to coax new and old cyclists back on their bikes again. A network of paved, verdant paths along the Leon Creek, Salado Creek, and Medina River are shared by fans of all ages who are walking, running, and cycling under the shade of live oaks, cedar elms, juniper, and cottonwood trees. Go at your own pace, but remember to act safely and "share the trail." An hour of cycling at an average pace of about 10 mph burns about 500 calories. You can read up on all things related to bicycling in our city at [www.sanantonio.gov/sabikes](http://www.sanantonio.gov/sabikes). Down-

load the latest maps of the Greenway Trails at [www.sanantonio.gov/parksandrec/greenway\\_trails.aspx](http://www.sanantonio.gov/parksandrec/greenway_trails.aspx).

Try hiking the trails in the Natural Areas, part of San Antonio's inventory of public parks. You're in the city, but you feel miles away. Equipping yourself with a few tools can spice up the workout. Trekking poles can help you navigate the terrain and help tone your arms. Also, it's fun to use a smart phone app such as "Endomondo" to track your distance, calories you are

*continued on next page*

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burning, and even the elevation change along the trail you're exploring. And if wildlife thrills you, you might just spot a wild turkey, roadrunner, or painted bunting. You can burn about 500 calories by hiking three miles moderately vigorously in about an hour. ([www.sanantonio.gov/parksandrec/areas\\_gardens.aspx](http://www.sanantonio.gov/parksandrec/areas_gardens.aspx))

Is urban more your style? Adults can buy a \$10 day pass to try out San Antonio B-Cycle bike share bikes and visit some cool sites downtown, like the Pearl, Central Library, Main Plaza, and Blue Star. You can carry a picnic basket or tote souvenirs in the B-Cycle basket. It's a wonderful way to see our beautiful city without having to worry about finding a parking place at each destination. Just remember to reset your time by docking the bike you check out at a station every 30 minutes. ([www.sanantonio.bicycle.com](http://www.sanantonio.bicycle.com))

The gym may be the ticket for some with state-of-the-art machinery, personal TV screens, and lots of

hardbodies to keep you motivated. But if you're just looking for a way to find fitness fun again, try getting active out in the fresh air and adding

something new to your repertoire.

Julia Diana can be reached at [julia.diana@sanantonio.gov](mailto:julia.diana@sanantonio.gov).

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**BE PREPARED** – Check out bicycle tips and maps at [www.sanantonio.gov/sabikes](http://www.sanantonio.gov/sabikes)

**BE SAFE** – Make sure your bike is in good repair and you're properly equipped with a helmet.

**BE COURTEOUS** – Share the trail with others. There's enough road to go around.

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