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## Quick Tips For Fall Fitness

Whether you're an experienced exerciser or a first-timer looking to get started on a plan, getting into a fitness regimen can be a little overwhelming. To help you get started, here are three quick-and-easy tips to kick-start your fall fitness routine:

1) Find a friend - Boredom is the number one killer of good health and fitness regimens. Exercising with a friend puts the fun back into your workout. Another option is to work with a personal trainer. A personal trainer can, quite literally, help change your life and how you view yourself. Whether your goal is to lose weight, tone your physique, train for a sports competition or recover from injury, our trainers can provide the plan, coaching and motivation to get you there.

2) Look for community events - The fall season brings many holiday-themed runs and athletic events. Studies show having a fitness goal, such as training for a race, increases the likelihood of sticking with an exercise program. Try the Snap Fitness Fall Challenge for a little motivation and friendly competition.

3) Get back in the gym - You've probably spent your summer outside biking, jogging and enjoying the warm weather. While outdoor aerobic activity is good for your heart, strength-training is also a critical component of a balanced program.

For the month of October, Snap Fitness is offering 'Free enrollment for you and a friend'.

**Snap Fitness is located at 5892 Main Street in Stouffville or call 905 642-6300.**

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