

How We Learn Can Define a Good Fitness Program

BY SAUNDRA PELLETIER

How long is your to-do list? Are you including fitness on that list? Is it among your top ten core values? As we strive for balance in our lives, fitness needs to become an essential part of our daily activities.

The best way to incorporate fitness into our lives is to integrate the activities we are naturally drawn to. We all learn in one of four ways: emotionally, instinctively, intellectually or kinesthetically. If you understand how you learn, then you can better understand what physical activities can easily become part of your daily routine.

Emotionally centered people need to connect with an instructor or a group in order for exercise to seem essential. Team sports and group activities are excellent ways for these individuals to recharge their batteries and feel exhilarated. Rowing, ballroom dancing, and bowling allow them to feel part of a group of like-minded people.

Instinctively centered people follow the beat of their own drummer and do what feels good to them. Instinctive people may love the feel of the water as they swim laps in a pool or in the ocean. Surfing, skiing and kayaking stimulate their senses in a way that connects them to the activity and the earth.

Intellectually centered people must understand how something works for it to be an attractive exercise choice. Their activity needs to make sense and matter to them on a personal level. All forms of yoga and tai chi are great choices, as these activities exercise not only the body but the mind as well.

Kinesthetically centered individuals simply must move in order to be stimulated, so fast-paced activities are most appropriate. Biking, running and skating are excellent choices. Motion is what drives these people and stimulates their senses.

The mind and body are connected and interrelated, so physical activity can enhance our self-esteem when we know that our healthy outside reflects our healthy inside. Remember that a fit body equals a fit mind, which equals total health.

Redefine exercise in your own life and turn it into a happy, healthy hobby. And remember to honor yourself for the activity that you do each day instead of focusing on what you don't accomplish. Most importantly, create a schedule you can meet. Being fit for life is a long-term choice that will add quality and years to your life. **B**

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