

## **Fitness - October 18, 2004**

Try something new. If you use the same treadmill at the same time of day for the same duration at the same speed, you will begin to dread it. Open up your options to vary the mode of your cardio workouts. Videos are a great option and range from kickboxing to Latin dancing. If you have access to equipment, try the stair climber, elliptical trainer, rower, or skier. Even getting outdoors can add a new level of enjoyment to your workout session. If you try something new you may just surprise yourself and find one that you enjoy..