

Fitness- September 27, 2004

Try a periodized program. If you tackle your workouts seasonally you'll keep your interest up, keep your body challenged and target all of the components of fitness. For example, in the winter focus on your strength training, in the spring your cardio, in the summer fun activities like swimming, inline skating and tennis and in the fall focus on mind body work. You still work all of the components every season, but focus on one each season.