

Fitness Tip Friday

Many, many times I use my backyard as a place to run and workout. I run up and down my backyard hill a lot not because I particularly enjoy it, but my kids can play outside or run around with me. My tip for today is use what you already have around you! You don't have to spend money on a gym membership or find a babysitter to exercise. Use your backyard, your driveway, even your hallway!