

## Top Tips to Make Exercise Sociable



The benefits of regular exercise include: sleeping better, improving your mood, feeling more energetic and staying a healthy weight. The hard part is making exercise a routine habit. Often, if it feels like a chore or too daunting, you won't stick to a healthy regime.

To help get into a routine that sticks, we need to ensure exercise is fun. Whether it's gossiping as you run with a friend, or laughing and groaning in an exercise class when an instructor challenges you all to do 10 more, making exercise sociable is a key part of making fitness fun.

**Here are some suggestions to help you make your routine more sociable**

### 1. Play tennis with a friend

There's a reason why we say 'play' tennis (football, rugby, basketball...) - they're fun and inherently social games that people love from childhood. You can find tennis courts in every town and many villages nationwide. Alternatively, you could join a group tennis lesson where you might also meet a future tennis partner.

### 2. Walk a dog

Seriously, if you're a dog owner or know someone who is, you're instantly granted access to one of the most sociable, active groups around. Whether you prefer peppering your walk with chats with fellow dog walkers or find yourself striding out with the same group every morning, it's a great way to make exercise social.

### 3. Join an exercise class

If you're daunted by going by yourself, go with a friend or workmate.

### 4. Do an exercise DVD with a friend

Sometimes it can be difficult to get to a regular class, but working out regularly with a friend or neighbour to an exercise video, either a DVD or on YouTube, is great way to have a laugh and push each other without having to leave the comfort of your living room.

### 5. Make exercise part of your non-exercising social life

Go for brunch, but take a long walk along the river or a safe pathway with a friend or partner to get there.

### 6. Play a team sport

Playing a team sport is a great way to meet new people and bond socially, from netball to five-a-side football. Check out local sports centres and community boards.

### 7. Join a dance class

From salsa to ballet to tea dance classes where you learn to waltz, tango and cha-cha, there's a style to suit everyone. You can work up a sweat (or a gentle glow) and meet other people.