

The Free Fitness Tips Newsletter – August 2009

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Hello everyone. Welcome to the August 2009 edition of the **Free Fitness Tips Newsletter**. As it is a bank holiday weekend I have decided to send the newsletter out a few days early this month so that you can still read it even if you are going away this weekend.

If you are a regular reader you will also probably have realised that my blog updates have been few and far between over the last few months. The reason for this is that I moved flat in July and it took a lot longer than planned to get the Internet installed. This meant that my Internet access until recently has been very limited. Hopefully, now that I have Internet access at home I will be able to keep the site up to date on a more regular basis.

Anyway on with this month's content which includes:

- [Featured Article!](#)
- [Free Fitness Tips Blog Updates!](#)
- [Final Words!](#)

1) Featured Article

This month I did a mini-series on [jogging](#) and of these articles I decided to feature...

5 Ways To Make Jogging More Fun



“I don’t think jogging is healthy, especially morning jogging. If morning joggers knew how tempting they looked to morning motorists, they would stay home and do sit-ups.” – Rita Rudner

As you can see from the above quote [jogging](#) is not everyone’s cup of tea. For some people jogging provides a great [mental](#) and [physical](#) release. However, other people find jogging boring and unnecessary. If you are one of the people who does not like jogging then this article is for you. Today I am going to discuss five ways that you can make jogging more fun.

1) MIX UP THE PACE:- Jogging along for long periods of time at the same pace can get boring. So why not mix it up by throwing in some sprints? Perhaps you could jog for two minutes then sprint for one minute. If you are listening to music why not jog during the verses and then sprint during the chorus? By mixing up the pace at which you jog it suddenly becomes a lot more interesting as you rapidly change speed at regular intervals.

2) ADD SOME RESISTANCE:- One way to make jogging a lot more challenging is to add some resistance. Adding resistance does make you slower but allows you to build strength as you jog. On top of this adding resistance can be a good way to improve your overall jogging speed. If you add resistance slowly and try to maintain your jogging speed then you should be able to jog faster once the resistance is removed.

There are many ways that you can add resistance as you jog. One of my favourites is to wear a rucksack which contains a few bottles of water. Another method is to wear ankle or wrist weights whilst you jog.

3) MAKE IT MORE PRACTICAL:- One of the reasons people find jogging boring is that they see no purpose to it. They jog from point A to point B and then back to point A again and see this as a pointless exercise. However, if you are jogging to get somewhere you need to be it becomes a lot more fun.

There are a number of ways you can make jogging more practical. One of my personal

favourites is to make it part of your weekly shop. If the local supermarket is within jogging distance then take a large rucksack, jog down, do your shopping and jog back. Not only will this save you a little petrol money but it will also add some resistance to your jog on the way back. Whilst this idea is not feasible for everyone (if you are shopping for a full family you probably cannot carry it all in a rucksack) there are plenty of similar methods you can employ to make jogging more practical. For example, if you are meeting family or friends locally why not jog instead of taking the car?

4) DON'T JUST JOG:- If you find jogging boring but really enjoy other exercises why not do both? When jogging outdoors there is plenty of opportunity to do pull ups (just find a sturdy tree branch or use the climbing frame in your local park), press ups, sit ups, crunches, planks, leg raises, squats, stretches and more. So if you really cannot stand long jogs why not jog for five minutes then do a few press ups? After this jog for a few more minutes then do a few squats. Alternatively why not try [bodyweight soccer sprints](#). By adding the above exercises to your jog you will not only make it more fun but you will also get a fuller workout and exercise more of your muscles.

5) MAKE A PLAYLIST:- For me [music](#) can really make or break a workout. One of the best ways to add some excitement to jogging (if you do not particularly enjoy it) is to make a playlist of your favourite tunes. You can then listen to these tunes as you jog. I find the time really flies by if you jog along to your favourite songs and it becomes a lot more fun as you jog to the music.

If you are not a fan of jogging then I hope this article appeals to you. All the above are techniques I have used in the past to make my jogging more versatile and fun. So if you find yourself avoiding jogging on a regular basis try one of my ideas. You never know... you might even surprise yourself and enjoy it.

2) Free Fitness Tips Blog Updates

As I mentioned above, the [Free Fitness Tips](#) blog has not been kept as up to date as I would like over the last few months. In July I made just two posts and did not manage to get a newsletter out. However, this month I got the Internet sorted in my flat and managed to make six posts. Hopefully next month I will be back up to my usual figure of eight to ten posts.

The posts have mainly focused on [jogging](#) but I also finished off my series of [protein](#) articles and published a couple of [guest posts](#). The full list of blog content since the last newsletter is listed below:

- [Tips to Eating Healthy on the Run](#) - July 3rd 2009 (Guest post from Lisa Burzdack)

- [6 Top Dietary Sources of Protein](#) - July 18th 2009

- [5 Reasons To Do More Jogging This Summer](#) - August 9th 2009
- [12 Top Health Benefits of Jogging](#) - August 12th 2009
- [4 Ways That Jogging Improves Your Mental Fitness](#) - August 16th 2009
- [Early Morning or Late Evening - What is the Best Time to Jog?](#) - August 19th 2009
- [5 Ways To Make Jogging More Fun](#) - August 22nd 2009
- [It's All About Building Strength: Six Strength Training Exercises That Everybody Must Do!](#) - August 25th 2009 (Guest post from Nick Clipton)

3) Final Words

Hopefully now that I have an Internet connection in my home this blog will have some stability and I will be able to get a minimum of two posts per week published. I have not decided what topics I will be covering next week but with a little luck I will be able to follow up on this month's posts with some more consistent, interesting and high quality content.

Have a good bank holiday weekend,

Tom Parker (Owner and Creator of Free Fitness Tips)

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