

# Your Yard

## Get In Shape While Shaping Up Your Lawn

(NAPSA)—Homeowners can improve their health every time they step outside to work in their lawns or gardens. By keeping a few tips in mind, you can turn your “chores” into an opportunity to exercise, tone body and mind and reduce stress.

Tina Vindum, a professional trainer who leads the only accredited outdoor fitness program in the country, has teamed with power equipment manufacturer Husqvarna to launch the Outdoor Power! campaign, an initiative designed to encourage people to use their outdoor projects to get in better shape.

Getting out in your backyard is one of the easiest ways to feel good and get fit. Here are tools you can use to beautify your yard and shape up in the process:

- Walk-behind push mowers are great for shaping your legs and burning calories. You can burn up to 360 calories per hour.

- Trim your waist while you trim your weeds. The rotational movement engages your core muscles to strengthen and tone your midsection.

- Get better balance blowing leaves. Balance is the most overlooked component in fitness and using a blower properly can hone balance and coordination skills—moving forward, backward, sideways and diagonally.

And go for the good stuff: Lawn and garden projects are always more fun with quality hand tools that are ergonomically designed for comfort to help prevent joint stress and injury.



**You can burn up to 360 calories an hour walking behind your push mower.**

Also, look for products that look out for the environment by featuring low emissions and exhaust.

“In addition to the health benefits, getting your exercise outdoors improves mental focus, emotional power and your connection to the environment,” says Vindum. “People don’t realize you can burn up to 360 calories in an hour by pushing a power mower and up to 480 calories an hour by doing some gardening with your power tools. It’s a natural way to stay in shape, and by remembering these simple tips, you can maximize the benefits each time you tackle a project in your lawn or garden.”

Vindum and Husqvarna also advise that whenever you use outdoor power equipment, always think safety first. Read and understand the operator’s manual and safety instructions and always wear the proper clothing and protective gear. For more information, visit [www.husqvarna.com](http://www.husqvarna.com).