

# Fitness Made Easier

## Out With The Old, In With The Old-Inspired: Retro-Feeling Essentials Make At-Home Fitness Fun Again

(NAPSA)—If you're like most people, your resolution to eat well and get fit won't even last six months. According to U.S. News & World Report, 80 percent of people ditch their resolutions after eight weeks. Fortunately, there are fun, retro-inspired tools you can use to stay on track while staying on trend.

"The most effective way to keep your resolutions is to find ways to make healthy living fun," explains exercise physiologist and Schwinn fitness adviser Tom Holland. "If you find a workout or a nutritious recipe you enjoy, make it a part of your regular routine and eventually you'll have a healthy habit that'll last a lifetime."

Recently, retro-inspired items have soared in popularity based on the nostalgia and positive memories they evoke. Having things that remind you of your childhood can create positive emotions and help keep you motivated.

Try these four retro-inspired essentials to make healthy living more fun with a nod to the good ol' days:

### 1. Invigorate your workout with vinyl.

Music can play a crucial role in any fitness routine, as it motivates you to keep moving. According to Costas Karageorghis, Ph.D., from London's Brunel University School of Sport and Education, music can benefit people's athletic performance by up to 15 percent by making them less aware of their exertion. Looking for a trendy and unique way to listen to music? Try investing in a record player that blends new with old by offering Bluetooth technology inside a retro-inspired design. Head to your local record store to find your favorite old and new upbeat tunes that'll get you amped to sweat.

### 2. Make meal prepping cool with a vintage-style lunchbox.

If you want to practice healthy eating, meal prepping is a great place to start. Planning ahead helps with portion control, ensures you're eating nutritious foods and helps curb mindless snacking, all while saving money. The next time you make a healthy dinner, double the recipe and you'll have leftovers for delicious lunches. Still not convinced meal prepping is for you? Get a cute lunchbox designed like the one you remember from elementary school for use at work or on the go. It can help



**With retro-inspired essentials, such as the Schwinn Classic Cruiser exercise bike, sticking to your healthy living resolutions is easier than ever.**

you feel more excited about packing lunches while showing off your trendy accessory. If your food doesn't fit into your lunchbox, it's a pretty good bet it doesn't fit into your diet!

### 3. Leave the filters behind and showcase your true results with a Polaroid camera.

Tracking your progress is an important motivational tool, regardless of your fitness goals. Tracking can take many forms—including journaling or using an app. You can also use a camera, such as an old-school Polaroid, to keep tabs on your results through pictures. Instant-exposure cameras provide both instant gratification and prints that can be posted on your bathroom wall instead of your Facebook wall, to keep you motivated, accountable and aware of your progress.

### 4. Work out with equipment that makes you feel like a kid again.

Studies show that when you enjoy your workout, you're more likely to continue doing it and you'll see better results. Find a piece of workout equipment that makes fitness feel like play—such as a hula hoop, roller skates, a jump rope or the Schwinn Classic Cruiser exercise bike ([www.schwinnfitness.com/classic-cruiser.html](http://www.schwinnfitness.com/classic-cruiser.html)). The retro-inspired Classic Cruiser bike offers users a fast, effective, 20-minute workout and makes fitness fun for the whole family. It comes complete with modern capabilities—such as Bluetooth connectivity and an electric speedometer—while maintaining a retro feel and whimsical charm.

#### Learn More

To see how retro-inspired items can make fitness fun, go to [www.schwinnfitness.com/classic-cruiser.html](http://www.schwinnfitness.com/classic-cruiser.html).