

Spring Has Sprung, So Should Your Fitness

(NAPSA)—With spring comes warm temperatures, warm sunshine and the return of flowers and wildlife to the outdoors. As you say goodbye to the cold, dreary days of winter, renew your commitment to get in shape! Here are few tips to help you get started in the *SPRING*:

S—Start and stick to a routine. Schedule your exercise in your calendar just as you would any other important appointment.

P—Partner up. Working out with a friend is more fun and keeps you both on track. When it comes to getting in shape, there are few things more encouraging than having a buddy sweating alongside you.

R—Reward yourself. Don't forget to recognize your hard work with an occasional treat, like a healthy smoothie or new workout gear.

I—Invest in new threads. Toss aside your old sweats and treat yourself to a few new pieces of workout attire in some spring colors. They don't have to be expensive or fancy, just comfortable and fun.

N—Nix your winter diet. Stock up on seasonal fruits and veggies. Experiment with new recipes from your favorite cooking programs. Forget canned and frozen versions and go with fresh strawberries, citrus fruits and tender, leafy greens.

G—Get going. After being cooped up indoors for an entire winter, it's time to get your mind



The most important step in a new fitness routine may be the first—get going.

and body into the groove. Funnel your newfound positive energy into making spring your season of better fitness.

Don't know where to start? Tune into FitTV—the network dedicated to fitness, wellness and healthy living. FitTV's wide assortment of programs on overall wellness, nutrition and healthy living for you to make a true lifestyle change.

Whether you are already toned and trim or a beginner just starting a fitness routine, the channel is said to provide viewers with tools for healthy living—including information and instruction on new fitness trends, the latest fitness news and training techniques. It even lets viewers schedule an “appointment” with a personal trainer.

To begin your spring shape up now, contact your local cable or satellite provider, or visit www.Discovery.com and click on FitTV.