



## 5 Fun Ways to

## Get Your Heart Pumping - from A to Z

Regular aerobic activity is essential for a healthy heart, a healthy weight, and even a healthy mind. Experts recommend at least 30 minutes, preferably 60 minutes, on most days of the week. Aerobic activity is any activity that gets your heart pumping and makes you sweat a bit. **Make it FUN and you'll be more likely to just do it!**

### 1. Go easy on your body with low-impact AEROBICS.

If you hate running, can't dance, or have problems with your knees, hips, or ankles, you can still get plenty of enjoyable aerobic activity. Look for low or no impact classes, like water or chair aerobics. Just right for folks with arthritis or older joints, these classes are frequently offered at colleges and YMCA/YWCA pools - or through community recreation programs.

### 2. Glide your way to fitness with BALLROOM DANCE.

Learn to dance with your local "stars" in ballroom dancing classes, often offered through recreation departments or fitness centers. Ballroom dance is much more than a nice skill to celebrate at family weddings; it can be a wonderful way to get your heart pumping with your sweetheart. Give it a whirl; you'll probably use muscles you didn't know you had!

### 3. Go with Montana's state step - SQUARE DANCE.

For a fun group activity, give the official dance of Montana a do-si-do. With lots of twisting and turning, square dancing offers a real dose of heart-healthy and bone-strengthening fun. Following the calls also keeps minds sharp, to help stave off age-related memory loss. Look for a group, like Yellowstone Square Dance Council ([www.squaredancebillings.com/](http://www.squaredancebillings.com/)) online.

### 4. Take a fun WALK with music or friends.

While some people see walking as boring and monotonous, others find lots of ways to pick up the pace and make it part of a daily routine. Music is always nice, while podcasts or books on tape can provide mental stimulation along with the physical activity. Human friends are great to talk with, while furry friends can offer wonderfully quiet companionship.

### 5. Heat up your dance steps with ZUMBA®.

One of the hottest trends in the aerobics world pulses to a Latin rhythm. Advertised as a party rather than a workout, Zumba® features an easy-to-follow combination of dance steps from salsa, merengue, and reggaeton done to the joyful beat of music from around the world. Check it out on YouTube, pick up a DVD, and try it at a local YMCA or dance studio.