



The weekend is finally here and you are all pumped to enjoy it with friends. You think of heading to the most happening restaurant in town, eat till you are full, come home, watch your favourite TV show, and before you know it, your weekend is over. Perhaps it is time to take a break from the same old routine of sedentary activities. Try something new with your friends that will make you move your muscles and feel



CYCLING
Cycling is the one thing that is bound to make you happy. You can go cycling with a few friends or just a buddy and explore

your neighbourhood. It is best to go cycling early in the morning when it is not too hot and there are not that many people outside. You can breathe in fresh air and feel the soft

sunshine on your skin. It is important that you decide with your cycling team on a route that you can all follow together. If you are trying this out for the first time, it is best to plan for a 30 minute route on roads that do not get busy. Definitely do not go cycling on highways as you will need long term practice.

JOGGING
Running will make you feel stronger and healthier. Start small by first fast walking for 15 minutes, then jogging for 10 minutes and then walking again. Being part of a group or just having a jogging buddy will help you during moments of doubt and lethargy. Often times we tend to think of weekends as of a time to relax and do nothing. Of course you should get your sleep and be relaxed. But too much of that may not be good for you. Jogging for just thirty minutes will make an immense change in the way you function. You will be filled with positivity and be ready for a difficult week at work ahead.

SWIMMING
Swimming will make you fit and also help

you feel relaxed. Considering the scorching heat, swimming may be the best way to get your exercise without getting a sun burn. You can go swimming with friends, or if you can get hold of a private pool, you can try out water based games such as water volleyball. You can race with your friends too and train to become better. Play some upbeat music, and you have the perfect getaway to have fun with your friends.

ZUMBA
Zumba combines Latin and international music and dance moves in a workout system. Although there are trainers available at gyms, you can also use Youtube to learn Zumba on your own or with your friends. You can search for channels such as "Movee," "Shani McGraham-Shirley," "nevenagoran" and "saskiasdansschool" in Youtube. These channels are resourceful and have guides on how to start with zumba. Staying fit no longer has to be boring. Use your weekend to become fit and have fun as well.