

Step This Way

Week 8

Think Unconventionally



A moderate workout routine with proper balanced nutrition can serve as the best possible way to cut down on your body ***fat*** and lose weight steadily but for one reason or the other most of us find it difficult to go to the gym regularly. Unconventional workouts might make it easier to get in big calorie burns and tons of extra steps.

Hula-Hooping is a great unconventional workout idea to consider. Hula hooping looks like an exercise for school kids but it can actually help adults lose weight steadily. The main objective of the hooping workout is to keep a hoop rotating at a steady speed around your waist for a long time. The hoop falls down your waist if you stop. Hula Hooping is an unconventional workout that tones the abdominal region, glutes, and improves general core stability.

Wii fit, is a technologically advanced technique of working out. It actually looks like a play station but in this case, you are actually working out with some cartoon characters and you will watch yourself on the screen. Wii Fit provides numerous types of sports you can engage in to work out your body, these include; yoga, tennis, dancing, track and field, and boxing. Wii Fit could also serve as a family workout routine.

***Get your steps in
unconventionally!***

