



ABOUT US

ICMS is a full service employee benefits consulting firm, utilizing creative and innovative solutions to assist clients in achieving greater value by increasing efficiencies, reducing cost, and enhancing employee productivity consistent with each client's unique culture.



HEALTH & WELLNESS / MAY 2015

Here Comes the Sun

Tuesday, May 12th 2015

Summer is close at hand, and we all know what that means... Two words: swimsuit season. Exciting for some, dreaded for most, the season of tan lines and "beach bods" usually resurrects those months-long-forgotten New Year's Resolutions that we adamantly promised to uphold. Fret not - it's never too late to begin a healthy lifestyle regimen, no matter what season it is! Now that the weather is warming up, your exercise routine no longer needs to be chained to the indoor gym. There are plenty of fun ways to get fit in the great outdoors, all while enjoying the benefits of some fresh air!

10 Fun Ways to Get Fit Without a Gym

1. Create Your Own Bootcamp

Bootcamp-style workouts are a lot of fun. Who doesn't love a challenge? You can create your own by doing strength and cardio exercises at home or outside at a park—all you need is a good pair of sneakers! Try this circuit: jumping jacks, lunges, high knees, push-ups, triceps dips (off a bench or curb), and sit-ups. Do each exercise for 60 to 90 seconds; rest in between exercises as needed. Repeat the whole thing two or three times.



2. Join a Team

Sometimes dragging yourself to the gym can be, well, a drag. How about signing up for an adult sports league? Sports quite literally make a game out of working out, so you'll get your heart rate up, burn calories, and have a good time doing it. If you already missed the chance to sign up for a team, offer to be an alternate. When the season gets going and schedules get busy, teams often need extra players, so you'll be the first person they call.

3. Take a Walking Tour of Your City

Walking is an easy way to stay in shape because it requires only a pair of supportive shoes and it's something you can do pretty much anywhere. A fun way to spice up your workout is by signing up for a walking tour of your city or nearby historic area. You can learn something new while fitting in a workout!



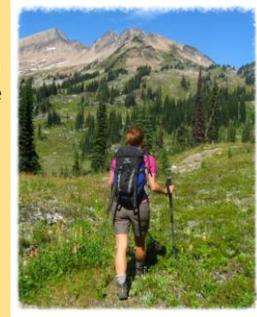
4. Sign up for an Obstacle-Course Race

Obstacle races, such as [Rugged Maniac](#) and [Warrior Dash](#), are becoming ever more popular because they combine fitness with fun and adventure. Participants climb over walls, crawl through mud under barbed wire, navigate water pits, and even jump over fire. Let's just say, it's an exciting way to work out!

5. Take a Hike

Hiking is a great way to get your heart pumping while enjoying some fresh air in the great outdoors. Grab some friends, lace up your sneakers, and get your hike on!

The scenery and feeling of accomplishment after your hike are so much better than an afternoon at the gym.



6. Try a Track Workout

Running burns more calories than almost any other cardio activity, but it can be boring on a treadmill or along the same old neighborhood route. A great way to keep your running workouts exciting is heading to a nearby track.

Changing up your speed challenges your body so you burn more calories-and it keeps the workout interesting. Try the workouts from [No Meat Athlete](#).

8. Take Advantage of Online Discounts

Online group buys, like Groupon, Eversave, BuyWithMe, and LivingSocial, often offer great deals on fitness activities, such as yoga classes, rock climbing, and even sailing lessons. Taking advantage of these deals is a great way to try something new and keep your workouts exciting!

9. Turn Chores into a Workout

Tackling your chores and burning calories at the same time? Talk about killing two birds with one stone! The key to turning your cleaning activities into a workout is focusing on the ones that have the highest calorie burn, like scrubbing the tub or vacuuming. To get yourself in the right mindset, throw on your sneakers and put on some upbeat music. If you want a real challenge, do some push-ups or squats every time a new song starts to play.

10. Offer Your Services

Volunteering for a community-service project, such as building a home with Habitatfor Humanity or cleaning up a park or other green space, is a great way to add some activity to your day while improving your community at the same time. If you spend the whole day moving around, it definitely counts as a workout!



Sources: Tina Hauptert, Health, <http://www.health.com>

GoHealth Tip of the Day



GotHealth?

Tip: Bike once a week to work. If you live within five or ten miles of where you work, take the opportunity to bike instead of drive to work. A thirty-minute bike ride will leave you feeling energized.