

# 11 Fun Ways to Keep Your 'Get Fit' Resolution in New Bedford



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According to Time Magazine's *Top 10 Commonly BROKEN New Year's Resolutions*, "Lose Weight and Get Fit" is at the top of the list! In fact, Time also notes that 60% of new gym memberships as a result, go unused. Why? Let's face it. What starts out as a great idea eventually looms in our conscience like a nagging task that we desperately try to put off. Plus, unless you normally go to the gym and generally enjoy it, forcing yourself makes exercising a chore. When you dread the gym, you find every excuse possible *notto* go.

Is it possible for the non-exerciser to *really* commit to exercising more? The answer is simple – YES, but by figuring out how to ***make exercise fun***. In recent years, New Bedford has evolved into a fitness Mecca – a paradise of options to suit all tastes. Exercise today goes far beyond hours on a treadmill. Group classes, dance classes, personal training, and other activities make exercise interesting, easier to commit to, and more than just a self-motivated routine (i.e. a hassle).

So where to begin? Your first step is to break down your resolution into action steps. You want to 'Lose Weight and Get Fit' but how do you plan to do this? Sure, join a gym.

But consider other fun and different options – sign up for a month's worth of classes, find a fitness buddy and commit to an activity together, work with a personal trainer for a custom program, try something new outdoors, run a 5K, anything! Just don't buy the gym membership and expect to be satisfied. Try something new and make sure you enjoy doing it.

Below are some local favorites to keep you committed to your health resolutions...

### **CARABINER'S INDOOR CLIMBING**

A truly fun, new thing to try if you've never climbed before! If you have, then naturally, you'll love this place. When it was opened in 2004, the New Bedford rock gym was the largest indoor climbing facility in the country. Today, it remains the largest in New England! According to their website, "If you can climb a ladder, we have climbs that you can do, start to finish!" First time visitors get a full tour and all the help needed to get started. Experience beginner to extremely difficult bouldering and climbing courses, belaying and certification opportunities. Climbing is an amazing strength builder and full body workout. There's even a gym here – a bargain all under one roof! For more, see their website.

### **NEW BEDFORD MARTIAL ARTS CENTER**



If you don't think that 'martial arts' are for you, think

again. This New Bedford studio offers classes anyone can enjoy. Currently, the facility offers UFC-style Mixed Martial Arts (MMA), Kenpo Karate and kickboxing. They have full contact training, self-defense training, or simply strength and fitness training (to 'Get Fit'!) Members can train in a class environment or in private one-on-one or semi-private, small group sessions. If you like the concept, but only want aerobic style classes, the studio offers those as well. (And yes, the studio has women, ladies, so head on over!) For more details, read about MMA [here](#). For a list of classes, see their schedule.

## **BOUTIQUE FITNESS**

"Whether you are a fitness enthusiast or just beginning your journey, Boutique Fitness can help," says Lara and Angela, trainers and proprietors of Boutique Fitness in New Bedford. Working with a personal trainer is one of the smartest options for busy, on-the-go individuals. Workouts cater to your schedule and often pack a great workout into a shorter amount of time (versus going to the gym, self-guiding, and seeing slow results). By working with a trainer, you receive personalized fitness and nutrition guidance. Not only will you feel great, but Boutique Fitness offers a holistic approach to health. Their mission is to guide clients to "Live Optimally." Plus, their website and blog is packed with resources from healthy tips to workout videos that you can follow along at home. Both private and group sessions are available. For more information and client testimonials, visit their website.

## **NEW BEDFORD COMMUNITY ROWING**

Join a group, make friends, have fun, and get fit! Whether you're experienced or a beginner, New Bedford Community Rowing provides opportunities for adults and youth, as well as Learn-to-Row classes. Being outdoors is a great way to boost energy and have fun, while also getting in great shape. Rowers meet

a few times each week, with independent rowing options available as well. Rowing is available to all community members and scholarships are available for those in need. Find more information on their website.

### **GREATER NEW BEDFORD TRACK CLUB**

Do you wish you were a runner? Do you wish you ran more? If you've ever run a race, you'll know that running in a group is a great motivator to keep running. Getting started as a non-runner is the hardest part! Joining a group not only keeps you committed, but gives you the mental and emotional support to keep at it. The GNBTC takes on members of all running levels from beginners to advanced and promotes "fellowship" through running and other group activities in the SouthCoast.

Members meet a few times each week for group runs, plus they collectively attend numerous races and other events throughout the year. For more information about joining, the running schedule, and GNBTC events see their website.

### **YOGA**



Growing in popularity, the Greater New Bedford area is home to countless yoga studios. Wherever you live, you'll find a studio nearby. If you're in New Bedford, you can find classes at the YMCA, Yoga on Union, and In Love and Light Yoga. Also, check out New Bedford Guide's Yoga 7 Days a Week article to

find a location any day of the week! If you're unsure about yoga, what's so important to understand is that there are MANY types of yoga. Perhaps you tried a class and didn't like it? Try another one! Many studios specialize in Heated Power Yoga classes for incredible stretching, flexibility, and full body detoxing, while others offer a range of classes from smooth Vinyasa Flow yoga to upbeat Hip Hop Yoga! The key is to experiment and find one you like. \*Keep an eye out – In the summer, outdoor yoga is offered at Fort Taber at sunset!

## **ZUMBA**

Zumba. Is. Everywhere! Whether you do or don't like group classes, give Zumba a try! Zumba isn't your traditional aerobics class. According to its official website, Zumba is an addictive, Latin-inspired, calorie-burning fitness dance party. Growing in popularity, Zumba teachers are putting their own twist on classes, mixing both salsa and hip hop, shimmying and booty-dropping. (The latter might be a New Bedford thing.) Join a class, dance to fun and upbeat music, and join a community of people – a big factor in enjoying your workout. Plus, Zumba burns a ridiculous number of calories! In a one-hour class, expect to burn at least 500 calories or more! Check your local gym for offerings. Both Howland Place Fitness and Escape to Fitness offer class-only memberships, while many dance studios offer drop-in classes, such as this class in New Bedford.

## **RUNNING, SKATING, CYCLING, WALKING**

One of the most invigorating ways to work out is by simply hitting the pavement. New Bedford is home to many parks, but in particular, residents are lucky to have both Buttonwood Park and the Fort Taber Park just a short distance from home. Fort Taber is one of the city's largest parks boasting picturesque ocean views and the scenic Saulnier Bike Trail where people ride bikes, skate, run, and walk. In its entirety, the trail is 4.5 miles long, with shorter options

and shortcuts along the way. Equally as beautiful, Buttonwood Park is an oasis in the middle of New Bedford offering a great path for walkers, cyclists, and runners alike. Just one lap around the park is 1.84 miles! Whether you're looking for a quick walk or plan to make a few rounds, you'll gain a fulfilling exercise to make you feel more fit in no time! \*Remember too, if you like to walk, you can benefit as long as you *commit* to walking on a regular basis. Create a morning routine. Pick a new place each week. Find a walking buddy. Explore New Bedford on foot. Just keep a good pace and stick to it!

## **DOWN TO EARTH**

The key to staying fit *really is* maintaining a healthy diet. Down to Earth is not just an amazing health and natural food store, but a great resource for anyone looking to improve their health. They have lists of local classes, instructors, and wellness events, plus they can refer you to local nutritionists, or simply guide you to a great book on their shelf. A member of the Southeastern Massachusetts Agricultural Partnership (SEMAP), the store offers natural foods, vitamins, minerals, homeopathic remedies, organic produce, and more. For more, keep up with them on Facebook.

## **5K'S**

I once knew a guy who ran a 5K almost every weekend for two months, right in the Greater New Bedford area! Countless 5K's show up every Spring with many more happening throughout the year. Running 5K's provides an extra fitness boost because they place you in an amazing environment. Not only do you bust out a great run first thing in the morning, but you're surrounded by encouragement. In addition, you push harder to stay with the group and to set your own record at the finish line. Like my friend, set a similar goal. Find a buddy and register for a 5K together. Make it fun and start training a few weeks early. Or, commit to doing a certain number of them

per year. Because there are so many to list, just stay tuned to [www.NewBedfordGuide.com](http://www.NewBedfordGuide.com) for upcoming races throughout the year!

## **SPINNING AND CYCLING**

An indoor cycling class with great music and people to keep you motivated. Growing in popularity, many local gyms offer spinning and cycling classes because they're upbeat, fun, easy to learn, and provide a great workout. Bikes are stationary and led by an instructor. Whether you're a regular cyclist or just looking to tone and lose a few pounds, Spinning and cycling classes suit all levels. Plus, cycling boosts metabolism and enhances endurance! Check your local gym, otherwise, find cycling and spinning classes at the YMCA, Howland Place Fitness, Workout World, or Gold's Gym.

## **RISING TRENDS**

People everywhere are trying to make exercising more fun. Do some research and there are a growing number of trends from hula hooping, to fencing, to pole dancing classes! In order to stick to your resolution, *finding something you enjoy is the key*. There *is* something for everyone. So write down your resolution and take some time to research and create a plan. You'll be on your way to greater health in no time!