

# 10 reasons to work out, and where, in 2010

By Celestina Phillips

A new year, a new decade. With more reasons than ever to get fit (heart disease, anyone?), downtown area gyms make it pain-free to get started. The benefits of exercise are countless, but here are just 10 of the many reasons to join a gym today!

## 1. **Detox from office holiday sweets**

Workplaces overflow with sugary, high-calorie treats in December. From cookies to toffee bark, it's easy to mindlessly snack on fattening goodies. Blast extra holiday pounds at **Inursha Fitness**, located on Bailey Street just off of West 7th Street. Touting no contracts and no intimidation, Inursha is a great place for gym newbies.

## 2. **Sleep better**

Trying to rest with a racing mind is no easy task. Relieve post-holiday burnout and soothe aching muscles with hot yoga classes at **Bikram Yoga**, located on Foch Street. Warm and stretch every muscle and enjoy a revitalized body, leading to deeper, more energizing sleep.

## 3. **Escape phones, e-mail, and work**

Gym time is "you" time, a time when you set the agenda, minus distractions. Whether you're into group fitness classes or would rather work out alone, the expansive new **L.A. Fitness** coming to West 7th will meet your changing needs. Pilates one day? Basketball the next? You're the boss.

## 4. **Enhance your mood**

Releasing tension through bouts of cardio, weight lifting, and endurance exercises will make challenging situations easier to handle, thanks to your relaxed mood. **The Body Firm** on West 7th offers outdoor boot camp classes that are

sure to ease any built-up stress, not to mention lead to a leaner, tighter body.

## 5. **Get the ultimate health insurance plan**

New healthcare reform talk is confusing. Regardless of the debate, it's no secret that regular exercise is proven to lead to healthier lives by reducing high blood pressure and the risk of heart disease. At the **Downtown YMCA**, the whole family can get fit together. Take advantage of special family rates now.

## 6. **Increase flexibility**

When muscles aren't stretched, they are more prone to injury. Better your posture and flexibility by taking one of several different yoga classes offered by **Energy Fitness**, located on Forest Park Boulevard. Classes include restorative yoga, heated vinyasa yoga, and total body Pilates.

## 7. **Make new friends**

Some of the best relationships come from those beginning with a similar interest. New gal pals can be had at **Curves**, with several locations including one on Camp

Bowie Boulevard. Complete an entire cardio and strength training workout with other ladies in a circuit format in just 30 minutes.

## 8. **Avoid getting sick**

Regular exercise promotes the release of toxins associated with disease and infection. Break a sweat at **Larry North** and decrease your chances of catching the next bug. With a knowledgeable staff and more than 12,000 square feet of workout space, there is plenty of room to stay healthy here.

## 9. **Live longer**

There are tons of evidence suggesting that healthy living can lead to longer lives. If both exercising and nutrition are intimidating subjects, the counselors and consultants at **No Quitters** can help. Located on West 7th, this gym can formulate specific plans that can lead to a lifetime of wellness.

## 10. **Look and feel better**

No matter where you join, exercising consistently and eating responsibly will lead to a healthier, better-looking body in 2010.

