

## **Fit, Fabulous, and Ready for Summer?**

By Kate Elliott

I truly hate to be bearer of bad news, but summer is only a few short months away and spring has definitely sprung! This may be the perfect time- when bikini season is close at hand and those dark nights alone in front of your TV are dwindling- to call your friends, make a plan, start a routine, and get out there! You aren't getting any younger as they say, and the more out there you are, the better your chances of meeting someone and truly enjoying the best time in our fair city.

Want to get in shape? Sorry, that was a rhetorical question because let's face it, who doesn't? The gym can be a daunting place, the weather outside is probably not going to look up for another month or so, and watching TV while doing crunches on the floor is, well, almost impossible for anyone who enjoys the comfort of their own home. A good plan is to start small. Make it a priority to get out and do something at least twice a week. Whether it's the gym, a yoga class, or a long walk on the seawall, once you get started it is hard to stop! You'll notice a difference in your body, and a difference in the way you feel both in and out of your clothes; there is always a sexier side that shows when you are feeling good about the way you look. People are like bees to honey when it comes to a positive, outgoing attitude and when you enjoy you in your own skin, others will feel the same. And yes its cliché, but the gym IS a great way to meet people. So put on a cute outfit, load that IPod with good tunes, and get to it. Those beaches aren't getting any colder.

Another great way to get into the swing of things is join something- anything! Join a running club, register for a cooking class, choose a charity to volunteer with, or even a graphic design course if you are feeling creative. The more you venture from your comfort zone, the more confident a person you will appear to others, and eventually, the more confidence you'll have in yourself! And always remember to smile, engage, and be open-minded when it comes to new people and environments.

So stop making excuses and get in you're a\*\* in gear: get a gym pass, go away for a fun weekend with a friend, or plan a fantastic summer party where everyone has to bring one person that no one else will know. Get out there and do the things you said you were going to do this year, not because you have to, but because it will make you more approachable; you're bound to learn something new about others and about yourself. Please, don't just do it for you—do it for all those poor souls who haven't had a chance to experience your fabulousness yet.