

# Move It

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My latest invitation to a fitness convention arrived in the mail. Fitness professionals know how hard it is to keep the public interest in fitness; therefore, many attend these conferences in search of the most effective class, providing the best workout possible. The conference invitation caused me to think back to the early 1990s when I attended a convention in Chicago. I'll never forget the troupe of leg warmer-wearing, leotard-clad fitness instructors swarming the facility from all over the Midwest. They were there, in all their neon glory, and ready to learn the latest and greatest choreography for the then-in thing, step aerobics and low-impact dance routines.

Recalling all those goofy Spandex outfits made me think of how our fat cells don't care what we wear when we exercise, fat cells don't care if the music is Latin or pop rock, all our fat cells know is that if we start moving, they go to work to provide a fuel source. Our heart and lungs get stronger if we move and our muscles and bones benefit too.

There must be something to motivate us to move. For some of us, the best exercise is simple exercise. If classes motivate you, then keep going. If you're not the gym type, try the wonderful bike and walking paths along the lakeshore. The sunrise in the morning can be extremely motivating. If you have aches and pains and walking is hard, perhaps walking in a community pool is a way to get going. There are even exercise programs that you can do sitting in a chair. Give some thought to what would motivate you to get moving and give it a go.

Please consult with your physician before beginning an exercise program.