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**Benefits of Having a Fitness Buddy**

**By TC Thorn**

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It's raining outside. Your shoes are still wet from your last walking session. You really should just go out and exercise, but there's something good on TV. Maybe later...

Sound familiar?

Now try this scenario: It's raining outside. Your shoes are wet and you don't really feel like going for a walk, but your cell phone is blinking with a message from your buddy that says she's already left the house and she'll meet you at the trail. You know you have to go, or she'll give you a hard time for ditching her. So, you grab your soggy shoes and head off for a power walking session. Afterwards, you feel good. You always feel good afterwards; it's the getting started part that's hard.

That's why it's so beneficial to have someone else to exercise with on a regular basis. There's no type of fitness regimen that can't benefit from having a fitness buddy. If it's weightlifting, your buddy can spot you. If it's running or biking, they can push you to go faster than you would if you were alone. If it's climbing, she can catch you when you slip and start careening down the mountain (maybe climbing isn't the safest fitness activity).

Whatever your choice of fitness outlets, a workout buddy can not only push you harder than you would yourself, but they can actually get you out the door. Never underestimate the power of social obligations. Those of us who wouldn't think twice about breaking a date with ourselves cringe at the idea of breaking a date with a friend. Especially if we have friends who are experts at giving the guilt-trip.

OK, so you're sold on the idea of a fitness buddy. But wanting one can be easier than finding one. Your regular friends might not be into fitness, or they're the kind of people who start something with good intentions and gradually slack off. It's important to find someone who is as dedicated to fitness (or more dedicated) than you are. But where to look? Here are some ideas:

## Benefits of Having a Fitness Buddy

Ask a friend, or see if a friend of a friend is looking for somebody.

If you belong to a gym or health club, see if there is a bulletin board out front where you can post requests.

Join an exercise class or take some sports lessons; you might find an interested person or two.

Check fitness web sites, especially related to your interests; there may be a message board where you can look for activity partners.

Whatever route you choose, don't be afraid to initiate proceedings by starting up conversations with people or starting new threads on message boards. You might be surprised at how many people are also looking for regular workout buddies.

Once you find a fitness buddy, don't let him or her down. If you both show motivation and keep to a regular schedule, you'll both reap the benefits.

TC Thorn is a writer for

, a site with articles on fitness and weight-loss

as well as a forum for helping people find fitness buddies in their area. This article may be reprinted, so long as the about author information is included in the link is active.

### **How a Blind Date Can Increase Your Psychic Abilities**

**By Stephanie Yeh**

So how can a blind date increase your psychic abilities? It's probably not what you're thinking. We're not talking about having a few drinks with someone you've never met before. We're talking about developing your psychic abilities by deliberately shutting down one or more of your five senses.

Because we are such physical creatures, we have a tendency to use our five senses in everything we do. That's not a bad idea for driving, walking, or working on the computer, but if you want to increase your psychic or spirit abilities, using your five senses less will help.

That's where the blind date comes in. A blind date is where you blindfold yourself and have a buddy walk you around on a "date." Your buddy's job is to make sure that you're safe and you don't walk into anything or fall in a ditch. Your buddy is your guide and will lead you around, keeping you safe and upright.

Your part of this date is to extend your psychic abilities outward as your buddy walks you around. Sense what is around you. Do you sense a large object ahead or just open space? Sense what is behind and above you as well, since your psychic abilities will allow you to see in 360 degrees.

## Benefits of Having a Fitness Buddy

You might want to have your buddy walk you around for a while, in many directions until you no longer have a sense of where you are. Then spin slowly around and extend your spirit perceptions. Tell your buddy what you sense in each direction and have him or her tell you if you're right.

If you don't have a buddy to do this with, you can do it by yourself outside. Start in a relatively open space and just move slowly so you don't get hurt. Give a whole new meaning to the term "blind date," right?

Stephanie Yeh, co-founder of the Esoteric School of Shamanism and Magic (

), helps clients learn magical and shamanic techniques. Her current

project, a free teleconference series on a variety of magickal and shamanic topics with guest speakers, is designed to share information and promote interaction between people of varying spiritual practices.

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