



BUDDY UP FOR FITNESS:

Partnership = Accountability

Adhering to a fitness routine can be particularly challenging without a workout buddy. Some people have the discipline to keep a solo fitness routine, but many of us benefit from having friends and family serve as our accountability partners. For some, that means a daily fitness routine with a significant other or exercising with friends. Below is a snapshot of the benefits of working out with others:

CONSISTENCY

When you exercise with a friend, family member, or significant other, you're more likely to remain consistent. Essentially, you're relying on one another to show up for each workout. And if you're not feeling up to fitness it's not just you who will miss out—your accountability partner will miss the positive impact your presence brings.

MOTIVATION

Having loved ones and or friends, cheer you on during a difficult workout, delivers a different level and type of motivation. The support of a loved one can be the singular motivating force when you feel like giving up. Their support could make the difference between going a literal extra mile, performing another rep or set and even enhancing your own self-confidence.

RELATIONSHIPS

Some people exercise sporadically while others seemingly live at the gym. Regardless of how frequently you exercise, if you do it with a friend, family member, or significant other, it serves as quality time together while enhancing and improving your physicality.

Accountability partners can be your secret weapon for smashing fitness goals! Team up, stay motivated, and conquer your workouts together!



FOLLOW THE MOUSE:

We've hyperlinked resources you may want to access. Just hover and click!

Continued on next page

GRAB A BUDDY AND GO OUTSIDE IN COOK COUNTY

Summer days provide tons of outdoor activity options. Prioritize your fitness routine outdoors to soak up the sun with your exercise accountability partner. Here are a few places to consider in and around Cook County to get outside with a friend and focus on fitness fun!



Forest Preserves of Cook County

There are so many things to do at the Forest Preserves of Cook County. Consider playing a game of golf, hiking or biking nature trails, swimming at the aquatic centers, and even inline skating to keep your body in motion. And there's more! You and your buddy can visit the picnic grounds, go camping and attend special events like outdoor festivals and performances. They have some exciting events lined up for warm weather fun, such as Wellness in the Woods, senior walks, camping and cooking, Nights of the Frogs, and the list goes on. Visit their [events page](#) and find out what's happening in your area.



Local Park Districts

While using fitness equipment has been the go-to, if you and your accountability partner want to get outside and workout, your local park district offers outside workout classes, facilities including tennis courts, running tracks, and swimming pools to add variety to your workout regime.

Bikes, Boats, and Hiking Boots

Looking to row your boat with a buddy, explore terrain on two-wheels or a hiking expedition? Cook County is home to several top lakes with amenities that include cycling paths, fishing piers, boating, hiking trails, and much more. Discover the serene lake scene and appreciate all that it has to offer, today!



Explore Your Neighborhood

Neighborhoods offer a treasure trove of activities right at your fingertips. It's a double win if you and your accountability partner reside in different communities - there are more opportunities to have fun together. Community centers might offer fun and free to almost free activities. There are also community gardens, or neighborhood walking or running groups. Do a little digging and discover what activity treasures are available to you.

Take Me Out to the Ballgame

Get out and become a cheerleader for your local minor league baseball team. Cheering actually burns calories, boosts mood, and provides fresh air and could be family time too. The Windy City Thunderbolts, formerly the Cook County Cheetahs, are a professional minor league baseball team. Their season is packed with fun family nights and even fireworks at some of the games. Visit their [schedule](#) to learn more.

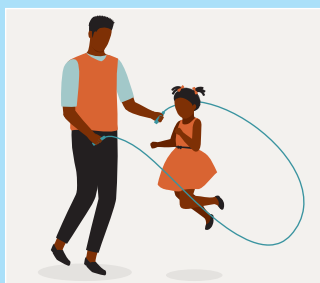


Whatever you and your accountability partner(s) choose to do, have fun! It's all about getting outside and moving. Whether it's walking, biking, hiking, gardening, or enjoying a baseball game, moving together will have positively impact on your total wellness.

Do Something New with A Buddy or 2!

Consider these eight great activities:

1. Frisbee
2. Hiking
3. Golf/Miniature Golf
4. Water Aerobics
5. Hula Hooping
6. Tai Chi
7. Line Dancing
8. Jumping Rope



If you are a Blue Cross Blue Shield member, check out the [Blue365](#) website for premier health and wellness discounts. Deals on fitness products and much more!

