

LIFESTYLE

PL@Y

YOUR THURSDAY
PREVIEW TO THE
WEEKEND

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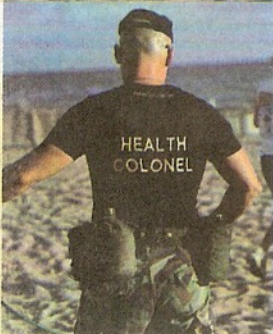
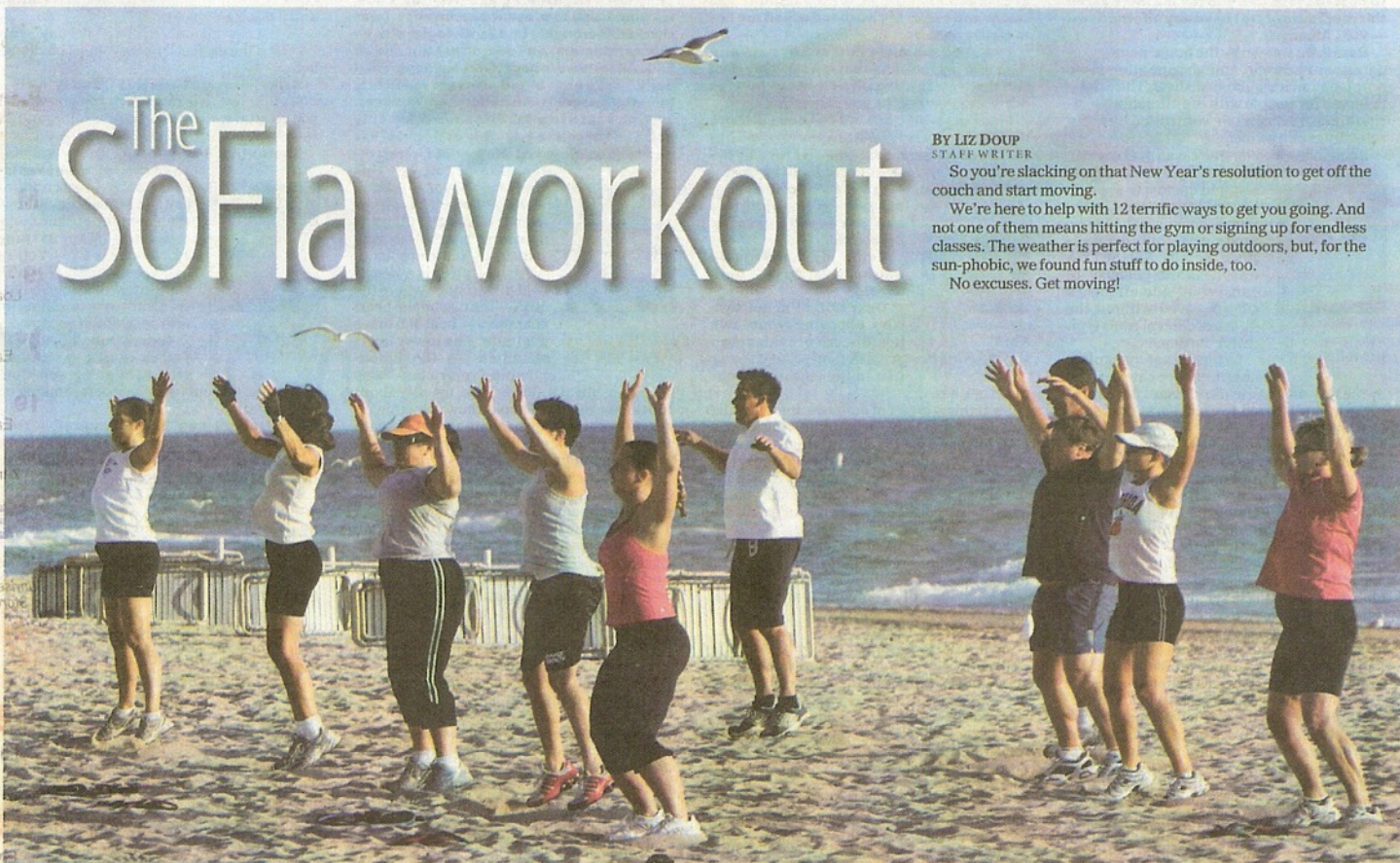
The SoFla workout

BY LIZ DOUP
STAFF WRITER

So you're slacking on that New Year's resolution to get off the couch and start moving.

We're here to help with 12 terrific ways to get you going. And not one of them means hitting the gym or signing up for endless classes. The weather is perfect for playing outdoors, but, for the sun-phobic, we found fun stuff to do inside, too.

No excuses. Get moving!



Broward County ATTEN-SHUN! BEACH BOOT CAMP!

Salute Lt. Col. Bob Weinstein, left, a retired military man, who likes playing drill sergeant. But at least you're on the beach.

Laced with humor and a heaping helping of motivation, his 90-minute workouts include squats, jumping jacks, pushups... And you'll like it. "Yessir!"

Location: Fort Lauderdale beach, one block south of Las Olas Boulevard. **Hours:** 7 p.m. Monday and Wednesday; 8 a.m. Saturday. **Cost:** \$15 per class. Packages available. **Info:** 305-491-3573; www.beachbootcamp.net

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Staff photos/Mike Stocker



Palm Beach County BEEF UP THE BICEPS

Give those arm and shoulder muscles a workout by kayaking through mangroves in John D. MacArthur Beach State Park, home to lots of wading birds.

Location: 10900 State Road 703 (A1A) on Singer Island. **Hours:** 8 a.m. to sundown daily. **Cost:** Ranger-led two-hour kayak tours \$20 for singles; \$35 for doubles. Or go it alone: \$10 an hour for a single; \$15 double. Park entrance: \$4 per vehicle up to eight people; \$3 for one person. On foot, bike or motorcycle, \$1.

Info: 561-624-6952; www.macarthurbeach.org

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Staff file photo/Mark Randall