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**Weekly Fit Tip**

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**FIND YOUR FITNESS POSSE**  
***Healthy Friends Equal a Healthier You***

It turns out that we may not be able to just blame our genes for that extra junk in the trunk. Research from the New England Journal of Medicine showed that it may have more to do with the company we keep. According to researchers, the risk of obesity increases 57 percent when our pals are overweight, 40 percent when we have overweight siblings and 37 percent when our spouse is overweight.

But research also indicates that those who work out with at least one partner are more likely to achieve long-term success than those who go it alone, which means that the gang we hang with also can *help* us achieve our health goals. Create some shifts in your social scene with these suggestions from Life Fitness.

- **Must See TV at the Gym:** Identify your least healthy moments and start creating more healthful twists. Rather than joining friends for pizza and “Gossip Girl”, plan to meet them at the health club to watch your favorite show from the stationary bike. Swap stories afterwards over water at the juice bar. Try scheduling a bike ride or walk around weekend brunch instead of letting those pancakes simply settle in.
- **Group Training Sessions:** Get involved in the programs available in your community or at your local gym to schedule healthy activities with your hubby or discover that new workout buddy. Personal trainers often offer semi-private group training sessions that can build camaraderie and encourage dedication in a cost-effective way. Group cycling, boot camps and your town’s local running club are great tools to uncover more active-minded friends.
- **Get Techy With It:** Group exercise isn’t your thing? Try creating a virtual workout posse through sources such as [virtualtrainer.com](http://virtualtrainer.com) from Life Fitness. These online communities give exercisers the tools to track their workouts, share their successes and even challenge others.

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