



## *Skinny's 10 Tips for Moo-vin' and Shakin'*

**1 Hoof it!** The way I figure, taxis smell the way they do for a reason. So, instead of hailing a cab, why not build an additional ten minutes into your commute time and actually walk to your office. It's a mini-workout that gives you a little extra fresh air and time away from your desk, and who doesn't love that?

**2 Visit the farm.** The farmer's market, that is! Take it from a girl who knows — there is no topping that “fresh from the farm” quality of your local farmer's market. So grab a girlfriend, a shopping bag and a comfortable pair of shoes and make a day of it...it's the perfect excuse for a little retail therapy!

**3 Take the plunge!** Nothing feels better on a scorching summer day than a refreshing dip in the pool. This summer, why not make it a weekly routine to have some fun in the sun and throw in an invigorating lap or two while you're at it? Even this bathing beauty knows that there's no better workout than treading water. Don't forget the sun block!

**4 Dog days of summer.** There's no way around it...Fido needs a walk and he's looking at you with those big puppy dog eyes. Don't let Fido down. Throw on some walking shoes, grab your music, a cool pair of shades and hit the streets. With so little time in the day, it pays to turn a simple chore into a multi-tasking approach to your fitness routine.

**5 Turn up the heat!** There's nothing better than a summer fling...even if he's your winter, spring and fall fling, too! Cap off a romantic dinner with some moo-ey caliente dance moves. After all, it takes two to tango!

**6 Park it here.** Or better yet, way over there. Walking has always helped keep this bovine feeling fit. Convenient parking can be expensive so save a little moo-lah and spurge on those fabulous sandals you've been eyeing!

**7 Block party it up!** Why not organize a neighborhood block party to give kids and adults alike a chance to make new friends, get outside and have a great time?! Resurrect the three-legged race and the wheelbarrow relay to get hearts pumpin'. Once you're all heated up, cool down and chat with your neighbors over The Skinny Cow® low fat ice cream treats.

**8 Support the cause.** Movin' and shakin' can be fun, but nothing is more rewarding than saddling up to support a good cause. There a moo-lion and one charities that host runs, walks and bike rides to raise money during the summer months. Whether it's the AVON breast cancer walk or the AIDS life-cycle, there are plenty of ways to get involved and support a cause that supports a cure.

**9 The art of exercise?** OK already, we all know that summer is about being outdoors and being more active. But sometimes, a girl needs a little cool down and the beauty that is air conditioning. For me, that chill spot would be a great local museum — it's relaxing, affordable, and all the walking you'll do while checking out Monet and Picasso will boost your heart rate and your cultural IQ at the same time!

**10 Not-so-desperate housewives.** Most of us girls would love a handsome young man to come by every now and then to tend to our yard work, but did you know that an hour of tending to your greens burns almost 350 calories? So, get outside, roll up your sleeves and spend the afternoon giving your yard a facelift!