

Fitness Trend: Help Your Neighbors!



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Believe it or not, you can actually get a great workout just by helping your neighbors. These [fitness tips](#) will not only have you scoring brownie points in the neighborhood, but will also help to burn some of those brownie points off. Listen to our [fitness advice](#), and help your neighbors during a snowstorm, as this random act of kindness will provide many health benefits for you. All you have to do is pick up a shovel, start clearing off their driveway, and wait to feel your serotonin levels start to rise.

Here are five reasons why helping your neighbor is becoming the latest [fitness trend](#):

Instead of relaxing on your couch all day during a snowstorm, try combining exercise with helping your neighbors. Shoveling your neighbor's snow will benefit both you and your neighbor, so next time it snows, lend a helping hand!

1. Fitting the gym into your busy schedule can be tough: There's always a good enough excuse to skip going to the gym when you have trouble finding time for it to begin with. During a snowstorm, your schedule has already been cleared for you and instead of staying cooped up indoors, it's a great excuse for getting out of the house and fitting in some exercise.

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2. Fitting in exercise for at least a half an hour each day is great for your health: Since it's so annoying to get to the gym on a daily basis and you may be unsure of how to fit in other types of physical activity, helping your neighbor can greatly improve your health. Since less than five percent of people partake in exercise for a half an hour each day, it means the majority of people are at risk of developing heart disease, diabetes, hypertension, and other serious medical conditions.

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3. Helping your neighbors doesn't take much willpower: Since there's an actual chore that has to get done, it doesn't take much willpower to engage in this type of physical activity. It actually won't even feel like exercise because you'll be accomplishing an important task.

4. This type of exercise won't cost you anything: You won't have to pay for a gym membership or an expensive piece of equipment for your house, this is completely free. In fact, you may even earn a bit of cash helping out.

5. You're providing help to people in your neighborhood who need it most: There may be people in your neighborhood who may have heart conditions or other health problems that prevent them from shoveling snow. Start a Facebook group for your neighborhood and ask that your neighbors post some jobs they need completed. It doesn't have to be limited to shoveling, there's other physical labor that you can do for exercise and just to help out.

Can you think of any other reasons why helping your neighbor is becoming the latest fitness trend? Comment below.