

21 Ways to Get Fit

The Boston Globe



The shimmy walk is just one of the moves taught in weekly belly-dancing classes in Cambridge. No experience -- or coordination, say teachers -- is necessary to get shaking. (Jason Wallengren)

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EXERCISE YOUR INNER CHILD

You don't have to be an all-star to play a team sport. There are Wiffle ball leagues for adults and teenagers all over the area, including Danvers, Stoughton, Saugus, Newton, Northborough, and Chelsea. "For the most part, anyone can compete," says 15-year-old Tucker Mizhir, who got into the game after he didn't make his local baseball team. The game is a great workout, too, says Joe Love, 35, who attributes most of a recent 70-pound weight loss to his league play. To join a league: goldenstickwiffle.com (north of Boston), hrlwiffle.com (Central Massachusetts), newazone.com (New England Wiffle Association), or fastplastic.net (a national organization).