

## A Fitness Buddy Keeps You Going

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It's easy to make excuses to skip a workout. Finding a workout buddy is a great strategy to keep you honest, says Tamra Campanella, director of the Hunterdon Health and Wellness Centers.

The Hunterdon Health and Wellness Centers in Whitehouse Station and Clinton offer plenty of options to work out with a friend, in a new group or solo. The staff will develop a fitness plan that fits your lifestyle and meets your health goals.

"Many clients are referred to us by a physician or physical therapist because of a specific medical concern," says Ms. Campanella. "They may need to lower their cholesterol or ease arthritis pain. The difference between a hospital-based wellness center like ours and a regular gym is that we work jointly with our client's healthcare team to develop a safe and effective fitness plan."

"You don't have to have a chronic health condition to be a member," Ms. Campanella says. Many healthy people come to the wellness centers to maintain their health, socialize and learn new ways to stay fit.

