

A recent article from the April issue of *Fitness Magazine* gave some websites that you might find helpful, if you'd like to find an exercise partner. See the links below.

If you use the tips and want to share the experience, send in an email about it.

I'm so over. . .exercising solo

Get Fit Instant replay Become a groupie to automatically get a workout buddy or two.

Walkers can find a local pack at www.ava.org

Runners at www.rrca.org

Swimmers at www.clubswim.com

Or hook up with a virtual partner to keep yourself motivated at

www.fitnessmagazine.com/findabuddy type in your interests to connect with like-minded exercisers in your area.