Finding the motivation to work a little hard to come by?

Well, do as Damien Kelly suggests and bring a friend along for the ride.
box

To start, you both need boxing classes. Then you and your partner can design your own workout by getting creative with combinations of punches. Swap between being the boxer and the pad person. Your goal is to incorporate boxing into a circuit, such as 50 straight punches, 12 squats, 50 upper cuts, 10 push-ups, 10 left lunges, 50 hooks, 10 right lunges, then a run around the park.

why you'll love it Boxing is a form of exercise that does so many good things in one. It helps you lose weight, de-stress, and build fitness, upper body tone and strength.

People run faster when they're passing to a partner, and get better results.

running for fun

- You and your partner run round the local oval passing the frisbee, soccer ball, football or any other toy you can think of back and forth. Don't just get stuck on one. Try them all and change regularly.

- why you'll love it Surprisingly, not everyone loves jogging or running! With this, your skills at a number of fun activities will improve and focusing on the object helps you forget you're running.
The Sunday Telegraph, Body & Soul, August 22nd 2004