

## **Fitness: Balance**

I already talked about the [all-or-nothing mentality](#) that some Americans seem (to me) to have about fitness. So, when the time comes to talk about 'balance' in fitness, maybe I'm talking about moderation? That would be a good topic to talk about, but it's not today's topic.

Today, we're going to hear an excerpt from a podcast . . . that's really a radio show. (It's a live radio show that's released as a podcast.) That means, we're only going to hear a few minutes from a much longer show. But, the topic is balance.

The show is called [The Saturday Morning Workout](#), and the hosts work at a fitness studio called [Fitness Together](#).

What do you think they will be talking about when they talk about balance?

### **After You've Heard the Recording**

What do you think? Did you have the right understanding of what 'balance' is? Are your own workouts 'balanced'? (I will tell you this: since I heard this podcast, I try to do more than just jog. I don't know if my workouts are balanced, yet.)