June 21 marked the first day of summer, but in Fort Lauderdale it’s nearly impossible to pinpoint the demarcation of the seasons. With the city’s average daily temperature at 77 degrees in the winter and 89 degrees in the summer, residents and tourists savor paradise all year round. But with paradise comes pressure—most find themselves battling the gravity of staying healthy and keeping their beach bodies intact, all while dealing with the chaos of day-to-day life.

From golf courses to running trails, parks and playgrounds to miles of coastline fit for a swim, the Venice of America has it all. One would think that staying healthy and living in a balanced way would be easy. Though Fort Lauderdale is known for its array of outdoor activities, it’s also known for being a corporate hotspot, housing hundreds of businesses, law firms, and organizations, which correlates to a higher stressed population.

Broward College’s Employee Wellness Program Manager Brenda Bordogna spends her days helping clients find a happy medium between work and play. She believes that focusing on all aspects of wellness, and not just that beloved beach body, is key.

“Look at each piece one by one—the emotional, the physical, the social, the spiritual—and see what ways you can make changes in order to meet your goals,” Bordogna says. “Focusing too strongly on the physical side of wellness may keep you lean and toned, which is wonderful, but if you neglect your emotions, inevitably they will still be waiting for you after the workout.”

As the Employee Wellness Program Manager, Bordogna focuses on creating an environment that produces a culture of health and wellness for the

Don't have time to get to the gym? Don’t worry. There are a number of daily activities that if done correctly can burn as many calories as your favorite aerobics class. These numbers are based on an individual weighing 155 pounds. If you weigh less, you’ll need to increase either the time or intensity. If you’re heavier, you’ll burn even more!

1. Go grocery shopping—Spend at least an hour shopping and burn about 260 calories. Get the heavy objects at the start of your shop to get your heart rate up for the duration of the time.

2. Clean the house—Instead of looking at cleaning as a chore, think of it as a high intensity workout. Burn a minimum of 330 calories an hour by turning up some music, grabbing a mop and cleaning like you've never cleaned before.

3. Stroll through the park—Taking a few extra steps everyday and walking for upwards of an hour will have you burning about 300 calories.

4. Wash the car—Skip the automated car wash and grab a hose and some soap and burn about 330 calories an hour by giving your car a quick makeover.

5. Dance the night away—Turn on your favorite playlist, grab the kids, a friend or your spouse and have a 30-minute dance party. Not only will you release endorphins and relieve stress, you’ll also burn between 205-233 calories.
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The Broward College community. What Bordogna does is something many corporations are starting to do, which will give Fort Lauderdale residents a better chance at mastering a balanced lifestyle.

But even with help from someone like Bordogna, for those with a family, one too many commitments, or an overload of work, how can attaining a balanced lifestyle be accomplished?

Bordogna puts it simply: create a schedule, plan ahead, tell everyone, and most importantly, make it easy. She recommends working around your individual schedule and then religiously sticking to it – whether that means working out before work, during lunch or after the kids are in bed. Bordogna explains that planning ahead and informing your family and friends of your plan is essential.

“Make meals ahead of time and portion out snacks into containers right when you bring them home from the grocery store. Not having to rush home to make dinner or get up earlier to make lunches will give you more time to schedule in the activities you want to do,” Bordogna says. “Tell your friends and family and ask them to help support you in achieving your goals. It may seem impossible to have any “me” time when you have so many obligations, but you have to remember that if you don’t take care of yourself, you aren’t your best for others.”

Making excuses and getting derailed from fitness goals and plans are major pitfalls. “Set a reason for why you made these changes and hold on to that,” Bordogna says. “Every time you want to quit, not show up for class or do whatever it is that you know will set you back – stop, take a breath, and think about your reason.”

To the believers in extreme methods like detoxes, cutting out specific nutrients, taking diet pills or wearing a corset to achieve the same results of a healthy and balanced lifestyle, Bordogna says think again.

“For people like this, I would show them good sources for information that show how many of these diets aren’t sustainable, meaning you can’t stay on [them] for an extended period of time,” Bordogna says. “You will likely gain all or more of the weight back and they can be dangerous as well.”

If one is interested in starting a new fitness and lifestyle program, Bordogna recommends visiting a primary doctor and electing for a physical checkup.

“It helps you to know where you are starting at, limitations you need to consider and [it] can help you set a goal,” Bordogna says. “Setting a goal is first and foremost when starting a program. It will give you parameters and a timeline to follow so that you can see your progress.”

If you’re feeling motivated and ready to start your own health and wellness journey, consider her wise words: “Change is hard – you are going to have to break old habits and form new ones, so give yourself time and be kind to yourself.”