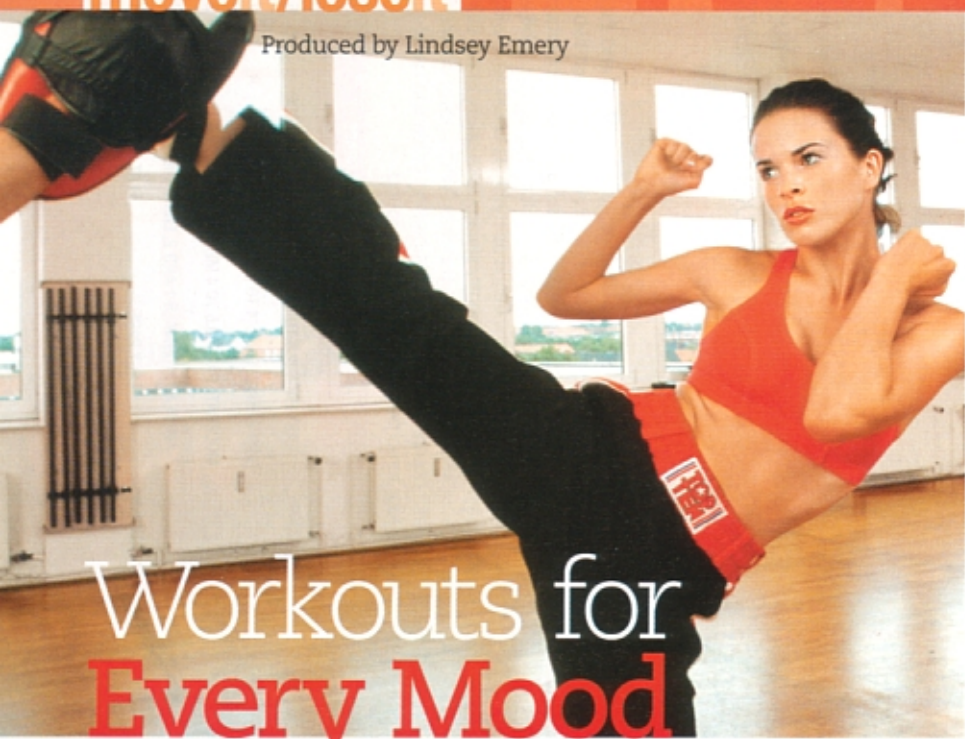


Produced by Lindsey Emery



Workouts for Every Mood

You're exhausted, everyone's driving you nuts and the last place you want to be is on a treadmill. But no matter what kind of funk you're in, there's an exercise to help fix it, says Charla McMillian, J.D., CSCS, owner of FitBoot in Boston.

If you're stressed... Take a power walk or go swimming. "The repetitive action will force your mind and body to clear out everything stressful," notes Charla.

If you're down and out... Lift weights or go for a run—tracking reps, pounds or mileage can be gratifying when you're gloomy. "It provides you with a sense of accomplishment that may boost your self-esteem," she says.

If you're fuming... Take a tae kwon do

class or pop in a kickboxing video.

"Martial arts routines or boxing drills are great for working through anger," says Charla. "If you have access to a punching bag, use it to get out extra frustrations."

If you're anxious... "Do something with no real rest periods, such as interval training," she says. Sprint uphill, jog back down, then repeat. You'll burn nervous energy, and the lack of downtime will keep you from dwelling on your worries.

If you're feeling absolutely fabulous... Take a challenging class, such as Spinning or rock climbing. "Try a new thing when you're in a good mood," says Charla. You'll be more likely to stick with it (and to cut yourself some slack if there's a learning curve).
Kara Wahlgren