



Making the most of city life

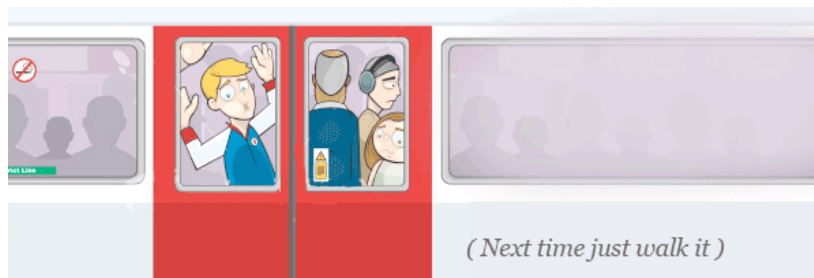
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BOSTON

 Apr 6, 2011 [Kat Hasenauer Cornetta](#) [2 Comments](#)

Working In Work-Outs Without Cost



It seems like everyone I know goes to a gym. There are colleagues of mine who sneak off to the gym on their lunch break, others who use it like a cup of coffee to wake up in the morning, and others who use it to blow off steam at the end of the day.

Despite the peer pressure, some of us loathe the gym. Maybe it harkens back to the weight room in your high school, where you had to do arm curls next to a football player. Or maybe you don't feel comfortable being judged by strangers in tight yoga pants. You might also not be able to afford the monthly payment, no matter how much you scrimp. Whatever the reason, the gym isn't for everyone – but getting exercise is.

So how can you stay in shape without breaking the bank and catching an acquaintance in bright colored yoga pants that leave little to the imagination? Here are a few ideas.

Walk your way to work. Boston is unfortunately known for its slow and temperamental public transportation system. Instead of standing on a crowded train platform with fellow aggravated commuters, why not work a brisk walk in? Since I commute from North Station to a stop on the B Line everyday, I work walks in where it makes sense. Instead of waiting for a Green Line train from North Station to Government Center to connect with a B Line, I power walk the distance. If a B Line is no where in sight and I have time, I take a C Line and walk to my B Line stop, since they run parallel (well, for the most part.) If you work a walk during your commute, you'll save time and aggravation while exercising.

Epic Esplanade. In nice weather, you'll see the pathways along the Charles River fill up with runners for good reason. The 23 mile Charles River Bike Path is a free-of-charge, paved route whose scenery just begs you to take it in. Why run on a treadmill when you can breathe fresh air, run alongside a historic body of water and view the Boston skyline? You can bike, run, or walk the path. Even in cooler spring temperatures (like we have been having lately), its convenience to Back Bay and Downtown make it a great place to get a workout in.

The Ultimate Stair Stepper. When the Bunker Hill Monument was completed in 1843, I am sure the Boston citizens who pushed for its creation never thought it would be listed as a great place to work out for free. I apologize to those fine Bostonians who came before me, but there is no denying the monument, with 271 stairs, is a great place to get a good cardio and calf work out. I know several Charlestown residents who swear by (and probably at!) these stairs. Its hours are limited – it's only open 9am-4:30pm, and is undergoing renovations that may occasionally take it off-line, so call ahead.

If the Bunker Hill Monument isn't open, or you are closer to historic Harvard University, take on one of my favorite sets of stairs – the stairs at Harvard Stadium. I stumbled upon them by accident (I was covering a lacrosse game at the stadium and didn't realize that the press box was at the very top), but realized right away what a hidden jewel they are. Not for the faint of heart, you will find hard-core weekend warriors and Harvard student-athletes using the steep stone stairs as their own personal Stair Master.

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