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Pinterest-ing Ways to Find Fitspiration

 AUGUST 19, 2013 BY [CARRIE ANTON](#)  [LEAVE A COMMENT](#)



[Pinterest](#), the virtual pinboard and mega-hit of the social media world, has been described a lot of ways: amazing, creative, a great way to organize ideas, the best time suck to hit the web since Facebook, and so on. If you're new to Pinterest, here's how it works: individual users or "pinners" create boards (think of an electronic bulletin board) of links also known as "pins." Each board is typically themed and then filled up with pins picked up from other pinners or in

the user's online search. If you've ever bookmarked a page online, this is essentially a creative way to store, view, and share your bookmarks with other people.

While many people jest that Pinterest is full of brides-to-be and crafting addicts (and they'd probably be right), there is a lot of love to be found in the way of fitness inspiration. Below is a list of board themes to get you started. You can use Pinterest to kick start your diet, learn about a new dance class. or research some dear. However you choose to use it. make sure the focus is on



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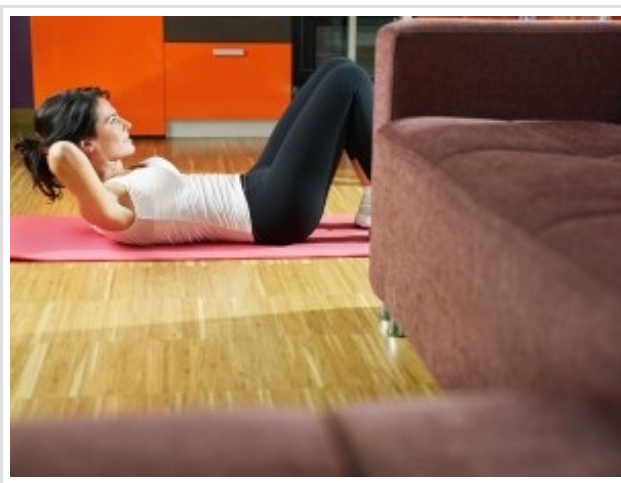


same class, or research some gear. However, you choose to do it, make sure the focus is on creating a healthier you.

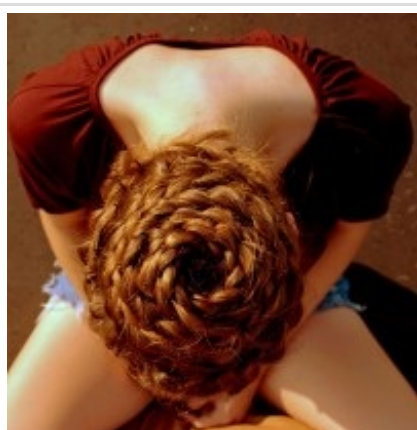
Food Boards: You wouldn't pack all your food from the fridge in your lunchbox and make a meal from a few of the items when noon rolls around, would you? No. So don't treat your food boards the same way. Break them up! If you want to try more salad recipes, create a "Salad Secrets" board. More smoothies? A "So Smooth—ie" board. When it comes time to pull up a recipe, you won't have to scroll through pages of food to find what you're looking for, only to get distracted by the desserts.

Exercise Boards: If you do different workouts for different days, create a board for each. Fill a "Gotta Run" board with interval exercises, BPM running music, treadmill running tips, and more. Create a "Core Bored" board if you know that you tire quickly from repetitive ab routines.

Equipment Boards: Saving up for a complete set of kettle bells? Want to purchase an elliptical to exercise in the privacy of your basement? Do your research and pin your finds to a "Workout Wish List" board. Having the links all together will make comparing the pros and cons of each a breeze.



Tired of doing the same old sit ups? Create a Core Bored Board.



Hair Boards: Another boring ponytail for spin class? Never again. Tutorials for braids, buns, twists, and tails are only just clicks away. Or maybe it's time to stop managing the extra mane. Short cuts are all the rage this season, and Pinterest will give you lots of looks to love.

Gear Boards: Fashion finds are among many pinners' favorites, and the sporty look is never forgotten. Stock up a "Go for the Goal" board with tanks, tees, and other pretty training treats to create a first-stop place to go to when rewarding yourself for reaching a milestone.

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The hair tutorials on Pinterest are endless. You're sure to have the best 'do in the gym!

Motivation Boards: Too tired to think about even going to Zumba? Can't find the energy to exercise? A few motivational sayings and videos of awesome athletes giving their best will turn that right around. It's like having a Nike commercial on hand just when you need it most.

Once you get your fitness boards up and running, refer back to them often. But remember, these are meant to act as

shortcuts. Be sure to avoid wasting your time at the computer when you could be working out or cooking a healthy meal.

What kinds of boards do you use most on Pinterest?



Carrie Anton (8 Posts)

Carrie Anton is a freelance writer focusing on health, fitness, and sports. She's been published in Self, Women's Health, Oxygen, and Maximum Fitness.



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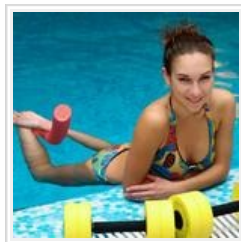
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