

The Furry Fitness Foibles of PJ PA!

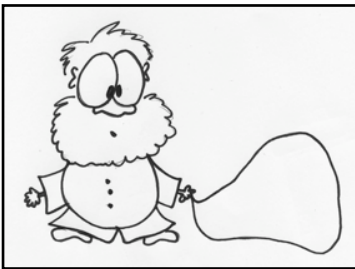
Everyone has or knows a PJ Pa they are often furry always cuddly fellows who tend to meander about in polyester jump suits. Whilst their intentions are admirable it is in their nature to fumble along forgetful and distracted. This is a collection of insights from a trained professional with expert knowledge in the art of manipulating these incorrigible but lovable creatures.

In our first installment, we look at ways to muster some movement out of the fitness phobic PJ Pa!



Wash away the Weight!

A healthy and invigorating session of washing potent under garments helps raise eyebrows and heart rates at the same time. That's right ladies now is your chance to pass the buck and enjoy some down-time while PJ pins up panties and lifts those heavy laundry loads!



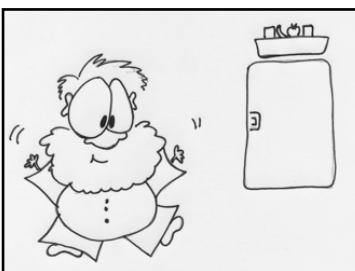
Trash Training!

The male species in general enjoys entertaining thoughts of turning their bodies into muscle menageries for us women to drool over. So why not have PJ do some serious strength training and have him clear the trash. For optimal results purchase several bins and scatter them about the house turning his workout into a cardio circuit!



Metabolic Mail Call!

As much as we love our PJ's they are a lazy lot and motivating them to get active is like trying to squeeze a 42 inch waist into a pair of 24 inch jeans, not very likely! But their is solace in the silly traditions of sorting junk mail, as a genuine PJ Pa will be addicted to advertising matter that contains gadgets and gizmos for them to go gaga over. So at least once a day you can send your PJ for brief but beneficial stroll to the letterbox.



Flexible Forage!

Beware the fierce appetite of a furry fellow. Late at night unguarded PJ Pa's are known to set out on a hunt for food. Never satisfied with the healthy snacks you leave out, most PJ's will get the hankering for extra nibbles and especially anything forbidden. Here is where you must get inventive and turn their forage into a flexibility routine. First ensure the cupboards are stripped of devilish delights, then hide healthy treats in places that require yoga like balance and flexibility to reach!