

HEALTHFUL TIPS

Fall Activity

Enjoy the beauty of fall with some new ideas to get you moving!

Crisp air, beautiful fall foliage, the crunch of leaves underfoot and the brilliance of nature can motivate you to get outside, embrace the season and start or continue your fitness routine. Opportunities for outdoor and indoor activities abound, making it a great time to get off the sidelines and try something new. As a bonus, you'll have your routine set up for the upcoming holiday season and winter months too.

If you have school-aged kids, fall brings a flurry of school and after-school activities. You may have to adjust your workout schedule accordingly. Working out in the morning starts your day off right and getting up an hour early gets a little easier when daylight saving time ends (November 2). Just be sure to head to bed earlier to compensate. You can also work in your exercise while the kids are at their activities. Instead of sitting on the bleachers waiting for them, walk. Another solution may be to work out a car pool schedule so you have an evening or two off to do your own thing.

Some other ideas to get you moving this fall:

Park trails are great for walking, hiking, biking and in-line skating. Don't forget your bug spray and water bottle.

Your dog will love a longer walk or a vigorous game of fetch.

Frisbee or Frisbee golf are fun activities do with a buddy or a group.

Canoeing and kayaking are excellent fall water workouts.

New classes form in the fall. Always wanted to line-dance, learn to scuba dive, ride a horse, or play soccer?—now's the time to sign up and learn.



I cannot endure to waste anything so precious as autumnal sunshine by staying in the house.

Nathaniel Hawthorne

Yoga is not only good exercise that helps you to stay flexible, but it also helps manage stress. Taking a class will help you learn correct poses and help keep you motivated as you master new skills.

Cooler weather is ideal for golfing, especially when you leave the cart behind.

Test your sense of direction as you make your way through a corn maze.

Enjoy the fruits of the season and head out to pick apples and pumpkins.

Fall yard work offers exercise opportunities as you rake leaves, clean up the garden, finish projects that didn't get done over the summer and prepare for the colder months ahead.

Indoor household projects help to get you in shape too. Organizing closets, deep cleaning, lugging bags to donation sites, and painting provide a sense of accomplishment along with a little sweat.