

Healthful TIPS

Health and Fitness Tips for the Entire Family

Move More to Warm Up and Boost Energy

Shorter days and cold weather have taken over and it's tough to get motivated for a brisk outdoor walk. Instead of curling up on the couch with a blanket to stay warm, ramp up an indoor exercise program. You're sure to warm up and get a good energy boost.

Look for fun indoor exercise classes at your local gym or stay home and workout. There are more home programs available than ever, from cable TV, DVDs, subscription apps, or free YouTube videos. You are sure to find some that are tailored to your fitness level and interests.

Kickboxing builds endurance and all-body strength.

Yoga tones muscles, increases flexibility and helps with relaxation.

Dancing is a fun way to get in shape. There are so many different types of dance, try something new.

Indoor cycling can burn hundreds of calories and strengthen your core and lower body. Don't be intimidated, you control the resistance and intensity.

Resistance train with small hand weights, your own body weight or resistance bands. Start with lighter weights and you'll be amazed at how quickly you're ready for more.

Tai Chi is a Chinese low-impact exercise that improves cardiovascular health, reduces stress and anxiety, and improves balance.

Pilates moves can be modified to fit different fitness levels. It strengthens the core and improves balance.

Stair stepping to an online program, to music or while you're watching your favorite show is an all-around good workout. You can buy adjustable steps to increase the intensity as your fitness improves.

Mall walking provides a climate controlled environment to get in some major power walking. Many malls open in the morning before the stores open to accommodate commu- walkers.



Play your way to fitness.

Who said exercise needs structure. Sometimes the best way to get a workout is to play.

Laser tag is a fun way for the whole family or a group of friends to get in a workout without even realizing it.

Join a sports league—bowling, soccer, basketball or another sport. Strengthen your social ties while you strengthen your body.

Look for open gym times at your local schools. Gather a group of friends and family for a robust game of dodge ball, basketball, broom hockey or volleyball.

Trampoline parks are popping up all over. Jumping is a great low-impact exercise that is as fun as it is effective.

Crank up the tunes and bust out your best moves or dig into housecleaning with new vigor. No structure needed and the combination of music and movement is sure to lift your mood.

Jumping rope will get your blood flowing and challenge your coordination. It's easy to do with a jump rope and a little space. You can find plans that help you to build from 10 seconds bursts of jumping up to 5 minutes of continuous jumping.