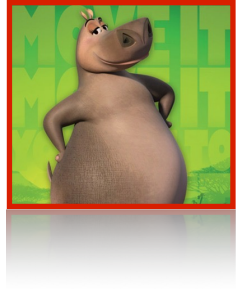


MOVE IT! MONDAY

Try Indoor Sports and Fitness Activities!

Although it may be cold outside, you can take your game inside for fun and exercise! To keep moving this Winter consider joining an intramural game with your friends, family, co-workers and other folks. Choose an activity that will keep you moving and that you enjoy!



Check Out The List Below of fun Indoor Activities!

- Indoor Rock Climbing
- Indoor Water Park or Swimming Pool
- Ice Skating Rink / Roller Skating Rink
- Visit one of New Jersey's Planetariums and Observatories - log your step miles
- Bowling
- Laser Tag / Paint Ball
- Join an intramural team and play: Basketball, Volleyball, Swimming, Tennis, Soccer, Dodgeball, Double Dutch, Tai Chi
- Try a group exercise class that you always wanted to take
- Climb, Jump, Run, at any indoor play place
- Learn some self defense and take a Karate class
- Try Pickle Ball
- Play Corn Hole
- Walk the Mall, to log steps
- Join a Yoga class

Even if it's winter, it's important to keep moving and committed to fitness. And science says the benefits of group exercise include improved mental, emotional, and physical quality of life, and a reduction in perceived stress. All of these benefits add up when winter forces you to bring summer fun inside.