

MOVE IT! MONDAY

Tips For Fall Fitness!



- **Take Advantage of Autumn Activities** Autumn group events like hiking, leaf peeping, apple picking and corn mazes are just a few of the active options the season has to offer that can also be a fun bonding experience for family and friends.
- **Sign Up For a Fun Run** Training for a specific goal like a race increases the likelihood that you'll actually stick to an exercise program. Signing up with friends or family is another great way to keep yourself accountable for completing the training.
- **Drink Lots of Water** Be sure to stay hydrated even when temperatures cool down. People often feel less thirsty when it's not hot outside, but staying hydrated is just as important in the fall as it is when the sun is blazing. When fall rolls around, remember to stay on top of your fluid intake to help with both exercise recovery and appetite control.
- **Dress For The Weather** When weather gets colder, it can deter people from going outside to work out. But there's an easy fix to this problem: wearing wind-shielding clothing and dressing in layers. Proper attire and accessories (hats, gloves, etc.) that cut down on bulk but still allow for warmth make outdoor fitness more enjoyable as the chill of fall approaches.
- **Avoid Holiday Candy** According to the National Institutes of Health, on average, non-obese adults gain about a pound a year around the holidays. In addition to creating unhealthy habits, accumulation of this weight over time can lead to obesity. Be sure to pack lots of healthy snacks to munch on throughout the day to help deter you from grazing on sweets that pop up in the office, at home or
- **Turn Fall Chores Into a Workout** According to Harvard Health, a 155-pound person can burn 149 calories by raking leaves for 30 minutes. Turn outdoor chores into a game by setting small, achievable goals to help pass time and burn away fat.
- **Exercise Earlier in The Day** Try to work out in the morning or during the day. With the time changing and the sun setting earlier, it can feel as though it's later in the day than it really is. This can make people more tired than usual. Getting into a routine of working out early will guarantee the workout gets done and still allow time in the afternoons and evenings to relax.
- **Take Your Workouts Indoor** As the weather cools down and summer ends, it can become difficult to stay motivated. Trying a variety of different indoor activities and varying your workouts will help keep a fresh spin on exercise and allow for confidence to build within a wide range of activities. Find a new fitness YouTube channel you love or invest in a set of workout DVDs. There are plenty of ebooks and online workouts available, all you have to do is know where to look!