



Fall into Fitness

...don't let the colour of the leaves be the only thing that changes this Fall!





Fall is a Time of Change

Many people wait until New Year's Eve to start making goals for the year ahead but why not start in the fall instead? Fall is already linked to change, so it is the perfect time of year to start a fitness program OR change an existing one. The best part of starting in the fall is that you are already building new habits that will carry you through the holiday season ahead. Wouldn't it be great to be ahead of the game this New Year's Eve?

The time to start is NOW!



Take Advantage of the Weather!

Fall is a treat for the senses; crisp air, the crunch of leaves under your feet, and all the beautiful colours. After a hot summer, the cooler weather makes it a great time for exercising outdoors! Walking, cycling and hiking are all awesome activities in the fall. Look for trails in your area and get out and enjoy the beauty of the season on foot, on in-line skates or on a bike!



Tip: Dress in layers when going outside for fitness. As your body temperature rises through exercise, you can discard a layer of clothing and stay comfortable during your workout.



Tip: If exercising outdoors in the evening, stay safe! Use of reflective tape on clothing and lights on bicycles will help motorists see you in the dark!





Try Something New!

Even those who are already regularly active might find that their routine has become a bit stale. Why not try something you've never done before? If you've always wanted to ride a horse, now is a great time to get out on the trails. How about yoga? It's a great way to center your mind and body and can also be done outdoors surrounded by the beauty of the season. The real bonus of changing up your fitness routine is to keep challenging your body. Simply changing up your routine can help you break through any weight loss plateaus you may be facing.



Make it a Family Affair!

Everyone lives a busy life and it's normal to debate taking time away from your family to focus on yourself but who says you have to? Bring the whole family out on the trails and spend some quality time together while being active! Canoeing on the lake surrounded by the fall scenery is a great way to romance your spouse. Even spending an afternoon doing some fall yard work is a great way to get some exercise with the family. You will be setting a great example for your kids and creating memories and traditions that will strengthen your family bond. Plus, exercise becomes more fun when you share the experience with someone else!





EWSNetwork Challenges YOU to Get Fit This Fall!

Week 1



Spend 30 minutes exercising outdoors a minimum of three times per week. Any activity you choose – try hiking, bicycling, roller-blading, running – just get outside and move!

Week 2



Involve the family! Go on a fall hike and end with a visit to a local pumpkin patch. Have everyone help out with the yard work and then jump in the leaves afterwards! Enjoy being active **TOGETHER!**

Week 3



Try something new! Find a local stable and go horse-back riding. Head up to a local lake and rent a canoe. Find a local outdoor exercise group and join. Push yourself outside of your comfort zone!

Week 4



Using a pedometer, log your steps and aim to hit 8,000-10,000 steps daily. With the beautiful, crisp fall weather, there is little excuse not to be outside walking and enjoying the season!