

# Fall into Fitness

## Benefits of Getting Fit in the Fall

- The cool weather makes it a perfect time of year to bring your workout outdoors.
- Beautiful scenery makes hiking, bicycling and canoeing ideal.
- Kids have gone back to school which may free up some time for busy parents.
- Beat the New Year's rush to start a fitness routine – it takes about one month for something to become a habit. If you start in September, you'll already have an exercise habit formed by the holidays!
- Great time of year to explore nature in your local area – find new trails, take a trip to a local lake, visit a pumpkin patch with the family. See what your area has to offer!



## Great Activities to Try this Fall

- Hiking
- Bicycling
- Jogging
- Horseback Riding
- Canoeing/Kayaking
- Rollerblading
- Outdoor Yoga/Tai Chi
- Yard Work
- Flag Football
- Rock Climbing

# 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 beautiful 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 when you are done! 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



Track your steps! 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!

Source: [www.webmd.com](http://www.webmd.com), [www.fitday.com](http://www.fitday.com)