

## Tips for fall Fitness

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Autumn is a transitional time of year. The leaves on the trees change, it becomes darker earlier, and the temperatures cool down. It is a favorite time of year for many people. However, these same changes can also lead to stress for individuals who tend to fall off the health and fitness wagon during the transition. There are many enjoyable opportunities to remain fit, or even begin a fitness program in the fall that can work for everyone. Planning for seasonal changes, finding support from group exercise and embracing events and activities that the season has to offer are key factors in staying fit through the transition.

- 1. Find Community Events-** There are many holiday themed runs and events. The Hickory Parks and Recreation Trick or Trot 5K on Saturday, October 29<sup>th</sup> will be fun for the whole family. Runners of all ages can participate and there will be trick or treating and games for the kids after the race!
- 2. Take advantage of fall activities-** Autumn group events like pumpkin picking, corn mazes, haunted trails, and building leaf piles are active options that can also be fun bonding experiences for family and friends. Organize a weekend trip or local get-together with an autumn theme and plan to be active.
- 3. Head outside-** fall is one of the most beautiful times of year for getting outside. Grab a friend and find some local parks or trails to walk, run or bike and take in the view of changing leaves.
- 4. Turn fall chores into a workout-** According to Health Status, a 150-lb. person can burn 135 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.
- 5. Workout early-** 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.