



Fall into Fitness

Week 2 Newsletter

Welcome to week two of the Fall into Fitness Move More! Keep up the good work by taking steps to a healthier version of you!

Welcome Fall!

The beginning of fall is great time to either recommit to fitness goals or set new ones. It provides a unique opportunity to set a routine that can carry you through the holidays and into the new year.

Ways to Get Active in the Fall



1. Walking

Walking is one of the easiest and most fun ways to get in an autumn workout! Go for a walk around your neighborhood or one of your favorite local parks, and get those extra steps and movement into your day.

2. Biking

With the cool, crisp air and the leaves turning shades of red, orange, and yellow, fall is a beautiful time to go biking!

3. Hiking

Take a hike! No, really. You should definitely take a hike this fall! Not only are you getting outside and enjoying the beauty of an Indiana fall, but you're also getting a great workout in!

4. Outdoor Sports

Who's ready to shoot some hoops, score a goal, or make a touchdown? Get a group together—your family or a group of friends—and start a game of soccer, football, basketball, or any other activity you love!

Playing a sport with your friends and family is a great way to get outside and work out without feeling like you're exercising.

Winter is quickly approaching, so take advantage of the beautiful fall weather before the cold weather hits! Whether you love to run, walk, bike, hike, or stay indoors with a group fitness class, you can always find new ways to exercise in the fall.

Get Out! Benefits of Outdoor Exercise



With the hot months of summer behind us and the soon-to-be frigid days of winter looming in the distance, now is the time to take advantage of the beautiful weather and spend some time outside.

If you're looking to enhance your mood, save money and avoid the time and trouble of getting to the gym, look no further than the great outdoors.

Here are three benefits of getting your sweat on with Mother Nature.

- 1. It makes you happy.** Being outside and breathing fresh air has been shown to reduce stress and enhance relaxation
- 2. It's free.** All you need to get a fantastic workout is a safe, well-lit park, track, neighborhood or walking trail. No gym membership required.
- 3. It can be more enjoyable.** Enjoying your workouts, especially if you're somewhat new to regular exercise, is an essential element of success.

“The best type of exercise is the one you'll do most often.”

Here are a few local places to get some physical activity:

[Cape Fear River Trail](#)
[Raven Rock State Park](#)
[Dunn-Erwin Rail Trail](#)

[Anderson Creek Park](#)
[Barbeque Creek Park](#)
[Cape Fear Shiner Park](#)

Fall Activities to Keep Kids Moving



While a change in weather may limit kids' favorite choices of physical activity, the introduction of fall-themed activities can help kids stay active and enjoy the outdoors longer.

Raking (and Jumping in) Leaves. Encourage children to lend a helping hand with household chores by raking leaves. Working together as a family to rake and move leaves will establish great family bonding time.

Hiking. Utilize your closest state or local park to find safe hiking or trail locations.

Nature Scavenger Hunt. Create a scavenger hunt for kids to complete.

Add a time element to help increase physical activity. Searching for leaves, acorns, sticks, and other objects will help kids keep a fun goal in mind focusing on physical activity.

For more information:
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