

Fun Ideas for Being Active All Year

January: Start the new year by trying out a fitness center—many offer New Year’s Resolution specials.

February: Give your heart a Valentine’s Day gift with dance lessons, such as salsa, tango, or belly dancing.

March: Anything can be fun with upbeat music, including spring cleaning.

April: Work in your garden. Bending, lifting, and stretching are all great exercises.

May: Build your endurance and strength with a bike ride during National Bike Month. Remember your helmet.

June: Once your grandchildren are out of school for the summer, ask them to teach you their favorite type of physical activity.

July: Cool off with a water aerobics class.

August: Celebrate National Bowling Week the first week in August. Get friends and family together and challenge each other to a friendly tournament.

September: If you’ve heard about the benefits of yoga but haven’t tried it yet, National Yoga Awareness Month is a great time to find special events and trial classes for beginners.

October: Take a hike to do some leaf looking. Pick apples or pumpkins. The beautiful colors are inspirational, and a brisk walk is great for your endurance!

November: Now that the leaves have fallen, rake and bag the leaves.

December: Try ice skating or building a snowman. If you have holiday shopping to do, walk the entire mall each time you’re there.



Quick Tip

Being creative about your physical activity plans and regularly trying new forms of exercise prevent boredom.

VISIT

www.nia.nih.gov/Go4Life

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- Print useful tools.
- Share your exercise story.
- Order a free exercise guide or DVD.

