

Jen's Fitness Tips and Tricks

Staying active during the colder seasons

Brrrrr... It's cold outside! Perfect weather for sinking down into a cozy chair for a good read, crossword puzzle or classic movie, to be sure. However, there's no need to abandon your daily exercise. If you have been lamenting the loss of your neighborhood walk or other outdoor activities due to the snowy, icy conditions, I have good news!!

There are many indoor activities that you walkers, hikers, bikers and Lathrop trail blazers can do to keep up with your healthy routine. I hope one or two of the following ideas may help you stay motivated to keep moving through the winter weather.

- **Dancing or moving to your favorite music.** You can do this alone in your living room or with friends in the MTR on Thursday afternoons in a brand new fun fitness class called - wait for it - "Fun Fitness Class"!! Check out the January calendar and/or talk to Jen about that class after the holidays.
- **Active housework** like vacuuming and sweeping is a great way to expend energy (or so they tell me). Do it like you love it! Do it like you can't wait to get it done! Just do it with energy!
- **Shopping mall or super market walking.** This activity is probably best done during slower retail times. Lots of floor footage to tread without the weather conditions to contend with. (This is also a great activity on hot and humid summer days.)
- **Bowling or Ping-Pong** when that is an option.
- Yoga, Bones & Balance, Tai Chi, Chair Fitness, Breathe and Stretch with Rob, Fun Fitness with Jen, or other group classes offered at Lathrop.
- **Stair climbing** when you need to get upstairs or downstairs or even when you don't.
- **Meet with Jen**, one-on-one to create your own stretching or exercise routine in the Fitness Room - no experience necessary!