

# FALLING FOR HEALTH

## Maintaining Physical Activity this Autumn



### What can you do for exercise this season?

- Yoga
- Dance
- Jump rope
- Use guided exercise videos
- Download a fitness app
- Bundle and go for a walk outside
- Get creative and create your own workout or activity

As the weather cools down, it can be difficult to keep yourself and your loved ones active. It might be too cold for outdoor activities, and getting a gym membership isn't always possible. Don't worry- we've got you covered. There are so many fun ways to keep the whole family moving this fall!

You might think that a break in physical activity through the fall and holiday months is no big deal- but it is important to maintain your activity throughout the fall and winter. According to physiologist J.P. Hyatt, the effects of inactivity begin just days after you stop exercising. In fact, Hyatt states that cardiovascular fitness can decrease by 20% within 3-8 weeks.

Physical activity is so beneficial to your health and your family's health, so don't let the frigid weather get in your way. You might have to get creative, but this autumn, make sure to conquer the cold weather and continue to exercise regularly!

### Source:

Butler, C. (2012, January 16). To maintain your health and fitness, don't take a winter break from exercise. The Washington Post. Retrieved October 26, 2021, from [https://www.washingtonpost.com/national/health-science/to-maintain-your-health-and-fitness-dont-take-a-winter-break-from-exercise/2012/01/09/gIQAR1123P\\_story.html](https://www.washingtonpost.com/national/health-science/to-maintain-your-health-and-fitness-dont-take-a-winter-break-from-exercise/2012/01/09/gIQAR1123P_story.html).