

SMART GOALS AND TIPS FOR FALL FITNESS



Need to keep up with your fall fitness so you don't end up looking round like a pumpkin? Between the Halloween candy, Thanksgiving feasts, and all the holidays between now and the new year, it's easy to skip fitness and focus on comfort. Use the tips below to stay on top of your fall fitness goals!

FALL FITNESS GOALS WORTH TRYING

Average 15,000 Steps Monthly

This is a realistic goal and one that can be easily set if you're spending more time outdoors this fall. Focus on hitting your goal with a pedometer which makes it easy to track.

Commit to Working Out

This smart goal for exercise is one focused on consistency, the key to overall optimal fitness. When you've been inactive for a long time, it can take a while to build up your strength and commitment. Try shooting for three days a week by planning ahead.

Get Outdoors

Planning ahead for nice weather to do outdoor exercise not only gets you motivated to enjoy the beautiful outdoors but changes up your scenery for your workout routine. And, you get the added health benefit of outdoor time plus exercise — a win-win.



TIPS FOR STICKING TO YOUR FALL FITNESS GOALS

Remember Your “Why”

When you'd rather hit snooze than get up for your 6 a.m. spin class, it's tempting to just ignore your exercise goals. If it's helpful to you, add a Post-It note to your mirror with your “why” you exercise. You may also set an alarm with a cheerful song to motivate you to get moving.

Find a Cheerleader

Get connected with a colleague, best friend, neighbor, or even an online support group. Having accountability makes doing hard activities feel easier and more rewarding.

Change Up Your Workouts

Don't get bored with your usual workouts. Change it up each day you decide to break a sweat! Make it fun, whatever you do. Be it raking up leaves, taking a spinning class, or doing yoga in your living room with your dog.

Don't Push Too Hard

It's a lot easier to fall off the fitness wagon if you are injured and can't workout for safety reasons. Listen to your body and rest when you need to do so.

Wear the Proper Clothing and Gear

Spending more time outdoors on walks or runs? Make sure you're appropriately dressed for the weather conditions. Whether you need long pants, better running shoes, or even gloves, ensuring your comfort when working out in the great outdoors will ensure you stay safe and your workout isn't shortened.

Add it to the Calendar

You know your schedule best. Plan to do your workout when it's convenient for you during the day. When you have the most energy and motivation, that's the time to get a sweat session in.



“A little progress each day adds up to big results.”