



# VitaMin

Vital health information in a minute!

## Harvest better health.

Crisp air. Colorful foliage. Autumn is a beautiful time to get outdoors and get in shape. So why wait for January to start your New Year's resolutions? Fall into better health today.

Here are eight great ways to get in shape during the fall season:

- 1. Crunch leaves, not food.** With cooler temperatures and beautiful fall foliage, this is a great time to get outdoors and exercise. Try walking, hiking, cycling, playing in the park or raking those red and golden leaves off your lawn.
- 2. Fall out of your regular routine.** Ditch your regular exercise routine and try something new and different. Sign up for a dance class. Join a walking group at your local mall. Buy a jump rope and see how long you can go without stopping.
- 3. Tune in and work out.** Who says watching TV is just for couch potatoes? Turn on your favorite fall premiere show and get moving. Do sit-ups during commercials or pushups in between shows. It'll keep you fit and help you avoid mindless munching while you sit on the couch.
- 4. Exercise your options.** There are lots of easy ways to work exercise into many of your regular activities. Kids have a soccer game? Try walking around the field while you watch. Hour-long meeting with a coworker? See if he or she is willing to make it a meeting-on-the-move so you can walk while you talk.
- 5. Harvest relaxation.** Making time to relax is a big part of being healthy. Try taking 20 minutes each day to be quiet and let your mind relax. Take a hot bath, get a massage, or even go to an art class to get a few minutes of quiet reflection.
- 6. Take 30.** It takes about a month for a regular activity to become a habit. So be patient and remember that it takes time for change to happen. Even as the temperature continues to drop and it gets darker earlier, try to stick with your new, healthier lifestyle. It'll be worth the wait!
- 7. Shed a light on safety.** If you have to exercise at night when it's dark, just make sure you're being safe. Wear a reflective vest if you're walking or jogging outside. Bring a flashlight to light your way. And put a light on your helmet if you're riding your bike. Also, it's always best to exercise with a buddy for extra safety.
- 8. Bundle up.** If you're exercising outside during the crisp fall months, it may take your body some extra time to warm up. Try wearing layers. Your first layer should help wick away moisture. The next layer should be about warmth – try a long-sleeve shirt or sweatshirt. Your outer layer should help protect you from the elements, like a windbreaker.

