

OCTOBER 2021

Fitness Guide for Every Occasion

Fitness Outdoors

Dress appropriately! This takes many forms, such as:

- Wearing bright or reflective colors to be better seen
- Wearing layers to stay dry and warm
- Wearing shoes with good traction
- Covering extremities

Wear sunscreen!

- No matter the season, skin protection is important

Get a proper warm-up and cool down

Avoid exercising in extreme weather

Bring a pal

- Whether human or four-legged, having company while exercising can help you stick with it and enjoy it more!

Fitness Indoors

Create a consistent space where exercise can happen safely.

Determine what equipment is right for you

- Exercise mat, stationary bike, resistance bands, or household items like a sturdy chair or a towel

Use Technology for Motivation



Research a good app or video series to help you keep things fresh.

- 8Fit
- Aaptiv
- Adidas
- All Out Studio
- Down Dog
- Freeletics
- Nike Run Club
- Pear
- Pelaton
- Seven
- Sworkit
- YouTube (has great free content)

The list goes on and on, find what works for and you'll have better luck staying consistent.