



Fitness tips from the National Institute on Aging at NIH



## Activities for All Seasons: Fun Ideas for Being Active All Year

Being creative about your physical activity plans and trying new forms of exercise can [keep you motivated](#) by preventing boredom. A change in seasons is an excellent time to be creative about your exercise routine and try something new. There are many ways to be active throughout the year.

### Winter

- When your grandchildren visit, head outside to build a snowman together or go ice skating.
- Cold outdoor temperatures are an excellent reason to join a [mall-walking group](#).
- Start the new year by trying out a fitness center—many offer New Year's Resolution specials.
- Give your heart a Valentine's Day gift with dance lessons, such as salsa, tango, or belly dancing.

### Spring

- As the temperatures start to get warm, get your garden ready for spring and summer. The lifting and bending you do when gardening are great for strength and flexibility.
- A [bike ride](#) is a great way to enjoy the warmer temperatures.
- Anything can be fun with upbeat music, including spring cleaning!
- Build your endurance and strength with a bike ride during National Bike Month (May). Remember your helmet.

### Summer

- Swim laps or take a water aerobics class. These are both refreshing once the weather gets steamy.
- Walking in the mall is a cool way to beat the heat.
- Now that the grandchildren are out of school for the summer, ask them to teach you their favorite sport or physical activity.
- Celebrate National Bowling Week the first week in August. Get friends and family together and challenge each other to a friendly tournament.

### Fall

- If you've heard about the benefits of [yoga](#) but haven't tried it yet, National Yoga Awareness Month in September is a great time to find special events and trial classes for beginners.
- As the weather begins to cool, join an indoor sports league, such as basketball, handball, or bowling.
- Fall provides great opportunities for physical activity. You can take long walks to see the beautiful fall colors. Once the leaves have fallen, raking is good exercise.

- If you have holiday shopping to do, walk the entire mall each time you're there.



National Institute on Aging

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