

# Adult Health Bulletin



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K-State Research & Extension  
Atchison County Office  
405 Main/PO Box 109  
Effingham, KS 66023  
913-833-5450

## THIS MONTH'S TOPIC: TIPS FOR FALL FITNESS

**E**xperts all agree that starting an exercise program in the fall is a perfect time. Waiting until the middle of winter to start a program is not always a good choice. Enjoy the autumn season by starting now. Here are some tips to get you going!

- **Take advantage of the weather.** The leaves are changing, the air is crisp and there is apple cider waiting for you when you are finished. The cooler temperatures make it a great time to be outdoors, whether you are walking, running, or biking. If you have not checked out a local park, now would be a great time to explore with the leaves crunching under your feet.
- **Take a class.** It is back to school for the children; now think about what you might like to learn. Many class programs start in the fall and offer you a variety of choices and time lengths. Want to try to tap dance? Kickboxing? See what is available in your area. You might be surprised at the number and types of classes open to you.



- **Be an active TV watcher.** The new fall shows are all starting to appear on TV. Although you may not want to miss the next episode, there are things you can do to make sure you are still participating in some activity. During commercials you can stand up and walk in place, do lunges, do crunches, or lift weights.

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# The cooler temperatures make it a great time to be outdoors, whether you are walking, running, or biking.

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If you are really motivated you might want to exercise during the show and rest only during the commercials.

- **Integrate exercise into your daily routine.**

Do you park as close as possible to the building? Why not spend a little less time looking for a parking spot and walk! Also, use the steps instead of the elevator, when you can. All these little actions can add up to a big change in you.

- **Remember the 30-day rule.** It takes about 30 days for any new habit to form and this includes activity. The body can make great changes in just 30 days, but you have to stick it out and that is not always easy.

- **Pay attention to the 3 Cs.** Commitment, Convenience, and Consistency. It takes a great deal of commitment to start and keep up with a new routine. We all have very busy lives; it must mean enough to you to have the commitment to keep up the new routine. Convenience — choose an activity you love or already have the equipment to do. You should not have to go out of your way to reach a place that will help you achieve your goal. The less convenient it is for you to keep up the new routine, the less likely it will be that you will stick with it. Consistency — it is better to walk every day for 10 minutes than to walk once a month for 2 hours. Maintaining your routine will help you.

*During TV commercials you can stand up and walk in place, do lunges, do crunches, or lift weights.*

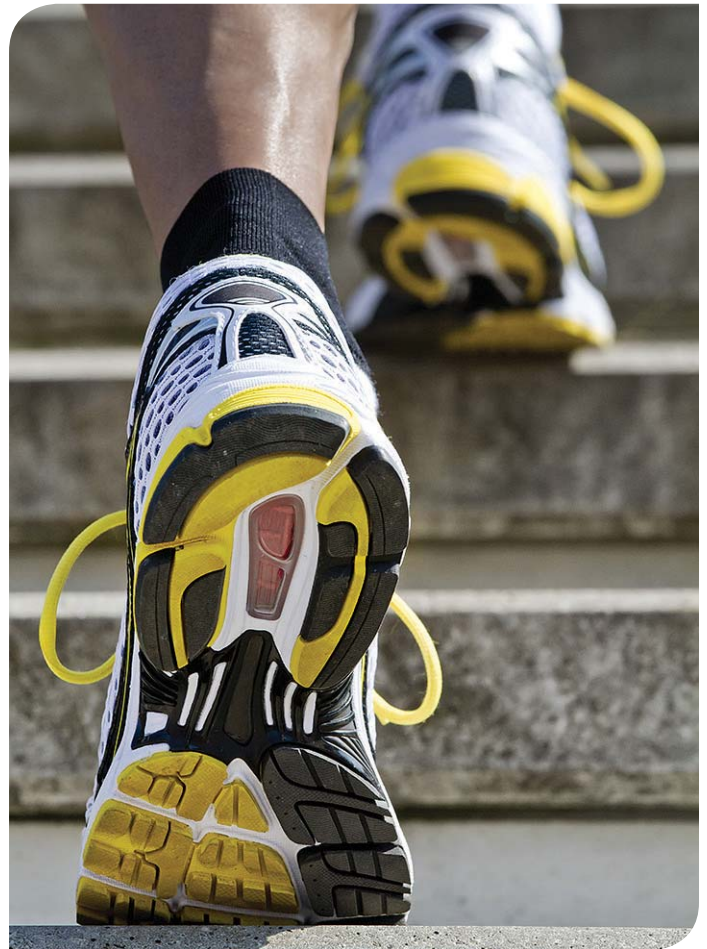
- **Know when it is safe and when it is not.** The days are certainly getting shorter and being safe is very important. If you are going out in the

early morning or later at night, make sure you are wearing reflective clothing such as a vest and a flashlight so you can see where you are going and others can see you.

Starting an exercise program in the fall leads to good habits as the winter approaches and will help you maintain your new routine.

**SOURCE:**

Sarnataro, B.R. 10 Tips for fall fitness. Accessed on September 25, 2012 from WebMD Archives. <http://webmd.com/fitness-exercise/features/10-tips-fall-exercise>



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**Written by:** Nicole Peritore  
**Edited by:** Connee Wheeler  
**Designed by:** Rusty Manseau  
**Stock images:** 123RF.com