

As the temperatures drop in the fall season, it may be hard to remain active. Engaging in physical activity strengthens the heart and lungs, boosts mental health, and improves overall health.

Physical Activity

- Aerobic exercises such as walking, running or biking increase heart rate and oxygen use.
- The American Heart Association recommends at least 150 minutes of moderate-intensity aerobic physical activity per week.

Try these indoor activities with family and friends:

- At home workout
- Dancing (use the *Just Dance Now* App for family fun!)
- Housework that keeps you moving, such as vacuuming or sweeping
- Walking the local mall
- Bowling
- Roller skating
- Yoga or other group workouts at the local gym or community YMCA



Tips

- If you do decide to exercise outside, dress in layers to combat the temperature changes.
- Stay hydrated even when you don't feel thirsty.
- Warm up before exercising to reduce the chance of injury.
- Listen to your body, stop and rest when needed.

Fall Activities for Health: Fun for Children and Adults!

- Hiking local trails
- Yardwork, such as raking leaves
- Apple picking
- Outdoor sports, such as football, soccer, or pickleball
- Indoor swimming
- Visiting pumpkin picking patches
- Exploring a corn maze

Embrace the season of change.
Welcome, Autumn!