

## Fall into Fitness

*Looking for some fresh new ideas to get active this fall? Try these!*

**Raking Leaves:** A great activity to do with the whole family!

- Targets upper body strength and cardio
- Burns around 270 calories per hour

**Hiking:** Take advantage of the beautiful fall scenery and get in a full body workout!

- Targets lower body strength (and upper body strength if you carry a backpack) and cardio
- Burns around 350 calories per hour

**Golf:** Walk the course instead of renting a golf-cart to get your heart pumping!

- Targets upper and lower body strength and cardio
- Burns around 200 calories per hour

**Biking:** A great low-cost fall exercise. Turn your bike ride into an outing for the day and carry along a picnic.

- Targets lower body strength and cardio
- Burns around 400 calories per hour

### Did you know?

Exercising outdoors has proven benefits such as exposure to fresh air and vitamin D, mental stimulation and mood improvement.

Sources: <http://www.divinecaroline.com/22176/84385-autumn-activities-six-fall-fitness>

