

## Fun Ideas for Being Active All Year

**January:** Start the new year by trying out a fitness center—many offer New Year’s Resolution specials.

**February:** Give your heart a Valentine’s Day gift with dance lessons, such as salsa, tango, or belly dancing.

**March:** Anything can be fun with upbeat music, including spring cleaning.

**April:** Work in your garden. Bending, lifting, and stretching are all great exercises.

**May:** Build your endurance and strength with a bike ride during National Bike Month. Remember your helmet.

**June:** Once your grandchildren are out of school for the summer, ask them to teach you their favorite type of physical activity.

**July:** Cool off with a water aerobics class.

**August:** Celebrate National Bowling Week the first week in August. Get friends and family together and challenge each other to a friendly tournament.

**September:** If you’ve heard about the benefits of yoga but haven’t tried it yet, National Yoga Awareness Month is a great time to find special events and trial classes for beginners.

**October:** Take a hike to do some leaf looking. Pick apples or pumpkins. The beautiful colors are inspirational, and a brisk walk is great for your endurance!

**November:** Now that the leaves have fallen, rake and bag the leaves.

**December:** Try ice skating or building a snowman. If you have holiday shopping to do, walk the entire mall each time you’re there.



### Quick Tip

Being creative about your physical activity plans and regularly trying new forms of exercise prevent boredom.

### VISIT

[www.nia.nih.gov/Go4Life](http://www.nia.nih.gov/Go4Life)

- Read more tips.
- Print useful tools.
- Order a free exercise guide or DVD.
- Share your exercise story.



**National Institute on Aging**

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