

## Activities for All Seasons

**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.
- Cold outdoor temperatures are an excellent time to take dance lessons or join a mall-walking group.

### 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.

### 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.

### Fall

- Fall leaves provide 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.
- As the weather begins to cool, join an indoor sports league, such as basketball, handball, or bowling.



### Quick Tip

Dress appropriately for the outdoor temperatures, and exercise indoors on especially hot or cold days.

### 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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