

ADULT HEALTH BULLETIN



OCTOBER 2017

Download this and past issues of the Adult, Youth, Parent and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC: FUN FALL FITNESS



Autumn officially started September 22. The sun rises just a little bit later and sets just a little bit earlier; there's a chill in the air, enough to merit a light sweater. There is no question about it: fall is here! Experts agree — fall is a great time to harvest a new routine to re-energize your workout. Fall is a great time to create healthy habits for the holiday seasons and upcoming winter months. Consider the following tips and get motivated.

Go to community events

Fall offers many holiday-themed local fun runs and events. Look in the newspaper or go to your Extension office for information on activities such as Halloween runs, turkey trots and reindeer romps. According to experts, training for a specific goal such as a race increases adherence to an exercise program. Signing up with friends or family will hold you accountable for completing the training and make it more fun.

Continued on the back 



Fall activities include pumpkin picking, corn mazes, haunted trails, and holiday-themed local fun runs.

➔ Continued from page 1

Organize an autumn-themed weekend with pumpkin picking, corn mazes, haunted trails, or just building and jumping into giant leaf piles in the backyard. All of these autumn activities are active options that are also a fun bonding experience with family and friends.

Enjoy the foliage

Fall is one of the most beautiful times of the year. Grab a friend and find some local parks or trails to walk, run or bike and take in the view of autumn's colorful changing leaves.

Layer up

When weather gets cooler, it can deter people from going outside to work out. This problem can be mediated by wearing wind-shielding or moisture-wicking clothing and dressing in layers. Dressing in layers lets your body warm up, and once your blood gets pumping, you can remove articles of clothing so you do not overheat.

Be safe

Shorter days bring dark mornings and evenings, but this should not deter you from an outdoor exercise. Just be smart about it — wear reflective workout clothes and carry a flashlight to light your path. Bike riders should invest in headlights and blinking taillights and stay clear of heavily traveled roads. All early morning or evening exercisers should opt for designated paths or head to the local school track.

Stay hydrated

People often forget to drink water when it is not hot outside. However, staying hydrated is just as important in the fall as it is in the summer. You can also stay hydrated with tea in the cooler fall weather. Drinking green or black tea can help your body fight off diseases during flu season with its antioxidants. By staying hydrated, you can remain healthy and active throughout the season.



Limit holiday candy

According to the National Institutes of Health, on average, non-obese adults gain about a pound a year around the holidays. In addition to creating unhealthy habits, accumulation of this weight over time can lead to obesity. Be sure to pack lots of healthy snacks to munch on throughout the day to help deter you from grazing on sweets that pop up in the office, at home or at holiday parties.

Try new activities

Are you interested in boxing, tap dancing or even fencing? Give it a try. Trying a variety of different activities and varying workouts will help keep a fresh spin on exercise and allow confidence to build within a wide range of activities.

Starting an exercise program in the fall leads to good habits as the winter approaches and will help you maintain your new routine. Remember to have fun and enjoy the fall weather while getting healthy.

RESOURCES:

- <https://www.acsm.org/docs/default-source/fit-society-page/acsm-fsp-16-5.pdf?sfvrsn=0>
- <http://www.webmd.com/fitness-exercise/features/10-tips-fall-fitness#1>

ADULT
HEALTH BULLETIN

Written by: Natalie Jones
Edited by: Connee Wheeler
Designed by: Rusty Manseau
Stock images: 123RF.com

