

Tired of doing the same exercises?



- Vary the activities you do.
 - Choose ones unique to the four seasons.
 - Select both indoor and outdoor exercises.
 - Try ones you do alone and ones you do with others.
- Pair exercise with other things you like, such as your favorite music, being with friends, etc.
- Check out new ways to exercise. Take dance lessons. Learn yoga. Exercise to a kick-boxing video.

