

Fall fitness: Tips to keep you moving and keep you fit

Summer is winding down. The kids are back in school. Fall is just around the corner. As the season changes our time spent outdoors also begins to change. If you're not prepared, you will find yourself mindlessly in front of the TV watching "your shows", snacking on a bag of potato chips, slowly packing on the pounds.

Now is the time to start devising a plan to keep fit, and if you are not fit, now is the time to get fit. Fall offers an abundance of opportunity to get outdoors and keep moving.

Take advantage of the temperature change – it's not too hot to enjoy a fall walk or jog, so what is your excuse now? Enjoy the sights, sounds and smells of autumn; the trees are changing, the birds are migrating, the breeze is crisp, there are many things to enjoy outside while walking. Take the time to look around and take it all in.

Yard work? – Yard work in the fall can get a little annoying. You rake the leaves, bag the leaves, and in an hour you can't even tell you raked. Try raking the leaves and jumping in the piles. Have fun! Yard work doesn't have to be all business. It might look odd to your neighbors, but who cares, and if you do care, bring the kids outside. Have some fun and you will feel better inside and out.

Explore – if you are going for a walk or bike ride you don't have to take the same route every day. Do some research on the internet, look for trails in your area, find places you've never been. Take the family on an adventure.

Grab a friend or neighbor – many of us don't even know our neighbors. We are too busy with our own lives; we don't bother to find out who is next door. Invite your neighbor to go for a walk with you. Or if you are not that outgoing then invite a friend, don't have friends, take the kids, don't have kids, read on.

Challenges – while walking or jogging play little games. For example, listen to a song and count how many times the band sings a certain word or lip-sync a song. Try counting how many people you see that are wearing green shirts or how many Jeeps you can find. It sounds silly, but if you are having fun while exercising then you will be more likely to stick with it.

Find YOUR motivation – everyone gets motivated by different things. Find out what motivates YOU and use that to power through your low points.

Listen to a book – People always say "if I had the time I would read". Get the best of both worlds, download an audio book and listen to it while walking or biking. Make a point to only listen to it while you are doing something active, this way you will have something to look forward to when you workout. And sometimes when you're at a REALLY good part you won't want to stop listening, you might extend your walk just to hear more.

Bundle up – Yes the weather might be "brisk", but why not add a few layers and go for a walk? If it is cold outside your body has to work harder to warm up, if your body is working harder that means your burning more calories.

Fall does not mean it's time to fall into your old habits. It is a time for change. So tie up your sneakers and get outside!