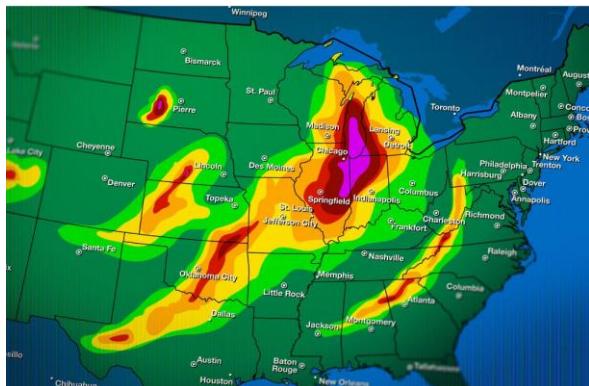




Indoor Movement for Inclement Weather



Weather-Proof Your Fitness: 5 Indoor Activities to Keep You Active

Whether it is icy roads, heavy rain, or extreme heat, inclement weather naturally makes us move less. Research from around the world suggests that bad weather reduces physical activity, especially when people rely on outdoor spaces or active transportation (biking, running) to exercise.

Here are **five** ways you can safely and comfortably move indoors.

Walk Laps Around Your Living Space:

Walking back and forth through your home is an easy way to get your body moving and your heart rate up. Even a few minutes at a time adds up and helps reduce long periods of sitting.

Climb the Stairs:

Using the stairs is a simple way to build strength and get your heart pumping without any equipment. This activity can be adjusted for any fitness level by going up and down at your own pace. Try climbing faster or skipping steps to increase the intensity. Always ensure you have access to a railing and wear suitable footwear to prevent slips and falls.

Yoga:

Yoga helps improve flexibility, balance, and relaxation while also building strength. It is gentle on the body and can be done in a small space, making it ideal for indoor movement. If you have access to the internet, try finding online yoga routines that you can follow at home. As a substitute, plan ahead by finding a book or borrow a yoga routine DVD from your local library to have on hand for bad weather days.

Dancing/Zumba:

Dancing is a fun way to move your whole body while boosting your mood and energy. Whether it is a structured Zumba video or just moving to your favourite music, it is a great way to stay active indoors.

Bodyweight Circuit:

Create a small workout circuit at home using a timer, a wall, and some open space. Do each move for 30 seconds: wall squats, jumping jacks, running in place, and a plank. Rest, then repeat as desired.

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