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## Transitioning to Indoor Workouts as the Weather Changes



**W**hile some Americans are able to exercise outdoors almost year round, most of us must move our workouts indoors for at least a few months.

Transitioning in some sports or activities is easier—or at least more obvious—than in others. Ocean swimming, for instance, is a little difficult to replicate indoors, but if you play tennis or basketball outdoors throughout spring and summer, scout locations in advance and find indoor courts you can use

once the first frost hits. Remember that **10 minutes of gently going through the motions involved in your sport, followed by easy, pain-free stretching, is even more important in winter than summer.**

If you bicycle outdoors in warm weather—or even if you do not—working out on a **stationary bike** indoors is a great low-impact winter option. You need not worry about traffic, keeping your balance or avoiding potholes. Many fitness centers have bikes for individual use, as well as music-driven group “riding” sessions, with an instructor to show how to properly adjust the bike for your body and attain the levels of intensity and resistance you desire.

Similarly, **mall walking** keeps you protected from the elements and offers the possibility of a vigorous low-impact workout. Some malls have formal programs for walkers, often in the early morning, occasionally with the on-site presence of a health professional such as a physical therapist.

But no matter what your usual sport, you can benefit from a perfect-for-winter **core-strengthening routine**. Your torso—packed with muscles from shoulders to pelvis—is your core. With our help, your core can provide a great deal of power and stability, both when you exercise and when you move about in your daily life. We will be happy to help you create a core-strengthening program to improve your balance and posture and make you less prone to injury while maintaining your fitness level during the colder months.