

Fitness Made Easier

Bring Your Exercise Routine In From The Cold

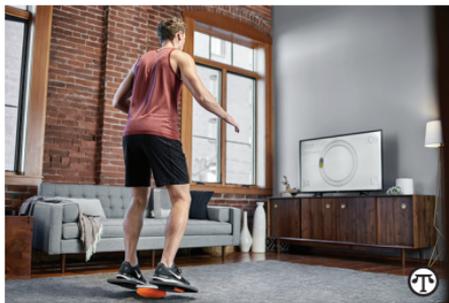
(NAPSA)—Staying in shape when it's cold out can be a challenge. Cold weather can make outdoor workouts less appealing, and it can be easy to lose motivation. Fortunately, there are many options to keep you moving.

“Don't let the cold weather discourage you from staying active,” said Tom Holland, exercise physiologist and Bowflex fitness adviser. “There are many ways to work up a sweat in the comfort of your home and stay fit during the colder months. What's important is finding what works for you and sticking with it.”

Here are five ways to help you stay fit during the colder months:

1. Embrace the great indoors. You don't have to be outside to work up a sweat: Opt for workouts you can do at home. If your usual workout involves walking outside, make an effort to fit in some extra steps as you go about your day indoors. Everyday household activities—such as vacuuming, rearranging furniture or organizing closets—burn more calories than you might think. Purposefully making extra trips up and down the stairs for laundry runs or mopping the floors can help get you moving and sweating. In fact, 30 minutes of vacuuming can burn up to 120 calories. No matter your outdoor workout of choice, it's easy to find a way to incorporate many of the same movements into your indoor activities.

2. Watch TV. That is, use it to help track your progress. Many fitness products, including the Modern Movement M-Pad Balance & Strength Trainer (www.modmov.com) and its accompanying M-Trac app, can connect to a TV screen to enhance your workout. A recent study in *The Journal of the American Medical Association* found that fitness-tracking games can lead to an increase in physical activity by offering a motivating experience. With the M-Pad, you can play balance and agility games including “Bull's Eye,” “Maze” and “Space Invaders,” all while



The Modern Movement M-Pad fitness trainer makes working out indoors simple and fun.

measuring your progress and improving your balance with the functional fitness platform.

3. Try something new. Find different, exciting ways to get moving. Try an exercise class, such as Zumba or a cycling class, or get two workouts in one with the Bowflex HVT fitness machine (www.bowflex.com/hvt). It offers hybrid velocity training, combining cardio and strength training into an effective, fast workout suitable for everyone from beginners to fitness pros. Bluetooth smart technology and the free HVT app help you follow along with pre-existing workouts, or customize your own with 50 trainer-led exercise videos.

4. Get the family involved. Family game nights can be more than just bonding time. Pull out the interactive games, like Twister, or use your gaming console with videos like “Just Dance” to work up a sweat with the whole family. You'll keep the kids entertained and get everyone up and moving at the same time!

5. Set attainable goals. Having something to work toward can help inspire you to keep moving. Whether your goal is as simple as completing a workout twice a week or tied to a deadline, such as training for a race in the spring, you'll be more motivated to be active if you have something to focus on. The sense of accomplishment you'll get from achieving your goal can be an added bonus.