

FALL FITNESS TIPS

HARVEST A NEW ROUTINE TO
RE-ENERGIZE YOUR WORKOUT



ENJOY THE FOLIAGE

Visit area trails for a hike or bike ride.



HAVE FAMILY FUN

Have a family outing to pick apples or pumpkins, or play a family game of football.



LAYER UP

As temperatures get cooler, wear layers, including hats and gloves, to hang on to your body's heat.



BE SAFE

Wear reflective workout clothes and carry a flashlight when exercising early in the day or late at night. Use designated paths or head to the local track.



WORK OUT AT HOME

Dust off your old fitness DVDs or find an online video.



TAKE A CUE FROM THE KIDS

Now's the time to try a new activity. Scour daily deal sites for introductory discounts.



FREEZE THE MEMBERSHIP

If you'd rather spend your time outdoors, consider freezing your gym membership until you're ready to return.

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