

As seasons change, make changes to stay fit.

With cooler weather driving you inside, physical activity may seem out of the question. However, regular physical activity can strengthen your immune system, improve sleep, reduce anxiety and depression, and help you maintain a healthy weight. Keep your body moving, and get the inside track on fitness:

- Exercise at least 30 minutes each day for adults, 60 for kids.
- Find activities you enjoy, and invite friends to join to help keep you motivated.
- Add physical activity to your calendar and make it just as important as other events.

Enjoy these outdoor activities while the weather permits, and, as with all physical activity, be sure to warm up and stretch to avoid injury:

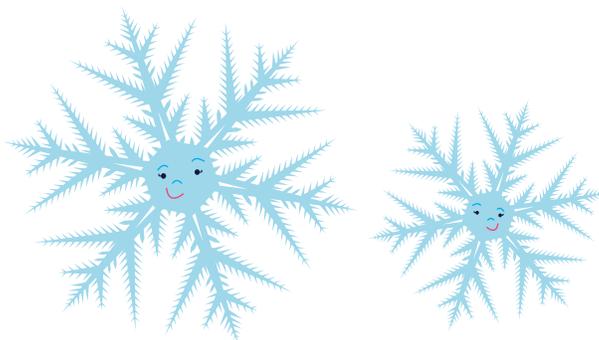
Fall Outdoor Activities

- Find a trail and go biking or hiking.
- Toss a football or kick a soccer ball around the backyard.
- Make a trip to the pumpkin patch.
- Find a local orchard and go apple picking.
- Go to the park and fly a kite or play Frisbee.
- Find a local corn maze for some outdoor fun.
- Rake the leaves for some exercise and tidying up.



Winter Outdoor Activities

- Take a walk around the block.
- Go ice skating - indoor or outdoor.
- Find a hill and go sledding.
- Build a snowman.
- Shovel snow - yours and your neighbor's.

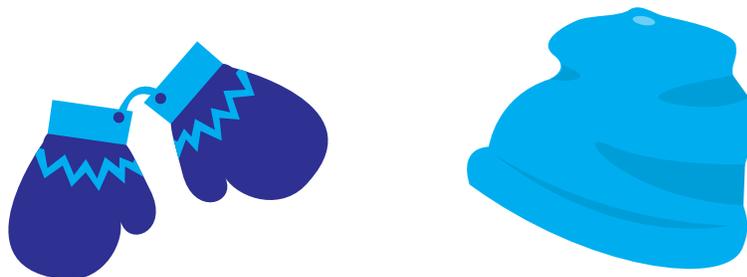


For more fitness tips, visit
ShapeYourFutureOK.com.

Fit safety into your fitness plan.

Besides the usual recommendations for a safe workout, cooler weather requires proper attire for outdoor activities. Follow these basic guidelines to play it safe:

- Dress in layers. Remove outer layers as your body warms up, and make your bottom layer a fabric that will draw sweat away from your skin.
- Wear a hat! A significant amount of your body heat is lost through your head, so proper head protection is essential.
- Drink water before, during, and after physical activity. Dehydration can occur during cold weather just as it does during warm weather.
- Wear sunscreen. Sunburns can happen in the winter, too.
- Be extra cautious when the ground is wet or icy. And try to get outside during the day to increase your visibility.



When the weather outside is frightful...

Not to fear! Here are some tips for staying active indoors during inclement weather:

- Turn on some music and dance.
- Walk around the mall or exercise at a local school or church gym.
- While you watch TV, exercise during commercials. Do push ups, sit ups, jumping jacks, jog in place, or anything else that gets you moving.
- Buy, rent, or check out an exercise DVD for use on cold winter days.

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