



From our September, 2016 Newsletter

Fall Back Into Fitness

With the return to routine and schedule, it's a great time to start a fitness program for yourself as well as your kids. Here are 10 ways to start making the most of the season.

1. Take advantage of the weather by going apple picking, hiking or biking to enjoy the fall foliage.
2. Think outside the box: take advantage of trial classes or try a new type of exercise.
3. Be an active TV watcher: during commercials, try push-ups, sit-ups or plank.
4. Integrate exercise into your child's life by taking the stairs instead of elevator or parking furthest from your destination in the parking lot.
5. Rejuvenate with meditation, yoga, or music.
6. Find what motivates.
7. Set short term and long term goals.
8. The buddy system works: find a partner to exercise with.
9. Commitment, convenience and consistency are key.
10. Contact one of our Physical Therapists to work on Fitness Fundamentals with your child and help them be fit for Fall.

