

## Get Moving this Fall

FOR MANY OF US, SUMMER IS FILLED WITH BARBEQUES, outdoor events and weekends at the lake. With fall here, it's time to get back to class, get back to the 10-hour workday and of course get back to happy hours at your favourite watering hole. But don't forget to include workouts as a part of your weekly routine.

The average person may not really love working out, but there is good news for anti-gym types. Local gyms, fitness facilities and leisure centres have pumped up their exercise and fitness schedules with a variety of more stimulating activities. Check out some of these alternatives for fall fitness.

### The Basics: Breathe, Stretch, Unwind

Stretch, relax, inhale, exhale. It may sound simple but with proper technique you will not only break a sweat, you will clear your mind as well. Focused stretching and breathing are the basic techniques for strengthening your core – abdominals, lower back, thighs and gluteus maximus. These basics form the foundation for yoga and Pilates, which are becoming increasingly popular.

### Shake it Up

Dance is another unique way to shake up your fitness routine. There are a wide variety of programs available from ballroom to belly dancing, flamenco to swing. Many of these classes help develop proper body posture and isolate muscle groups that can tear up the dance floor while generating plenty of sweat.

### Back to the Basics

Basic circuit and strength training allows you to work every major muscle. Gyms have certified trainers available to set up programs and teach you proper techniques using free weights and machines. There are also ladies only facilities designed specifically for circuit training workouts. These facilities promote a simple, inexpensive, "in and out in 30-minutes" trend using resistance machines, running in place and jumping jacks – all in a friendly, supportive social setting for women.

### Fashionable Fitness

Ever spotted a co-worker sitting on a bright, oversized plastic ball claiming it aids in proper posture? They may look funny but they're right. The stability ball and other fitness accessories are progressive fitness devices. Exercise bands, Body Bars and the Bosu dome increase resistance and enhance physical strength and balance while reducing the risk of injury.

These are just a few ideas for changing up your fitness routine. Whether you choose an old fashioned barbell or a Pilates class, there are enough alternatives to help you enjoy working out this fall.

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