



Be Active Indoors!

There are many ways to be active indoors during the cold winter months:

- Check local malls or schools for indoor walking groups or programs.
- Try an exercise class, lap swimming or exercise machines at a gym.
- At home, borrow an exercise DVD from your library, check out the exercise programs on television, or put on some lively music for dancing.
- March around the room, do strength training with bands or weights, or simply keep on the move while you watch TV.
- At work, use the Step Ahead indoor walk routes, or spend a few minutes before or after work going up and down stairs for a little extra exercise!

Choosing Fitness Videos. Here are some tips to choose from the hundreds available:

1. What are your goals and how fit are you? Do you want to build endurance? Strength? There are specific workout DVDs designed for specific fitness goals. Read the DVD cover to give you a flavor for what it is about and the fitness level it's geared toward.

2. Look for a known and respected instructor, one you like or are familiar with. Good instructors should be professionally certified. They speak clearly and give easy-to-understand directions. The instructors should demonstrate the moves and show you how to change them to make them easier or harder. They should include a warm up and cool down, and walk you through safety concerns.

3. Get opinions. Talk to friends, neighbors, co-workers or people at a health club or recreation center who use fitness DVDs or videos or are familiar with the best instructors. Visit some Web sites and see which names keep popping up. Read the instructor biographies and any available reviews.

4. What space and equipment do you need to do the workout? Do you have enough space in your home? Are you able and willing to buy any equipment that's required?

5. Try before you buy. Local libraries and video stores have fitness videos you can check out, and you can find fitness and exercise programs on cable television. Trying out a video before you buy is a great way to go. Check to see if:

- It's at the right fitness level for you
- It's geared toward an audience you relate to (beginner, competitive athlete, older person, limited mobility)
- It's easy to follow, not too fast-paced or confusing
- It's fun and not boring
- You like the instructor's style
- The music suits you
- It doesn't make unrealistic claims, such as promising results in one week.

6. Check the web. There are several online resources for free or inexpensive routines that you can stream to your computer. Some examples are www.workoutsondemand.com, www.exercisetv.tv/workout-videos/, and www.sparkpeople.com/resource/fitness_videos.asp.

For more information: www.strongwomen.com, <http://sportsmedicine.about.com>, www.webmd.com, www.mayoclinic.com, www.aarp.org

Ettinger, W.H., Wright, B.S., Blair, S.N. 2006. *Fitness after 50: Add years to your life and life to your years*. Champaign, IL: Human Kinetics.

