For most people it is that time of year to start transitioning from outdoor workouts to indoor. The transition can be tough! The key to having successful indoors workouts is to make them as interesting and fun as possible. The weather can be the difference between doing your workout or sitting on the couch. Here are a few options for you to keep your workouts fresh and new during the cold winter months.

**Mix Things Up:**

**Mix and Match Your Cardio:** If you do the same machines all the time try a cardio medley. Choose 5 different machines and spend 5 or more minutes on each. Or choose 3 machines and hit each one for 15 minutes. Mixing things up can make your workout seem shorter and more interesting.

**Mix and Match Your Strength Training:** Try mixing it up by using different types of resistance. Try doing one exercise on a machine and then an exercise for the same muscle group with the cables or resistance bands. Another idea is if you have been doing the same resistance workout try changing the order of your exercises to keep things interesting. Or do your workout backwards, start with the last exercise and finish with the first exercise.

**Mix and Match Cardio and Strength:** Another way to freshen up your workout is to combine cardio and strength training in a circuit. Try 5 minutes on the treadmill and then do a minute of squats, a few minutes on the elliptical and one minute of push ups, etc.

**Try Something New:**
If you find yourself dreading going to the gym because you are going to jump on the treadmill for another boring walk or run, that is a good sign that you need to do something different. Try a group fitness class like spinning, yoga, kickboxing, or zumba. Don’t be afraid to break out of an old routine and try something different even if it is not the same intensity as your usual workouts. Doing something new can keep you motivated and on track.

**Reward Yourself For Sticking to Your Workout:**

**Give Yourself an Extra Ten Minutes:** At the end of your workout use that extra time to sit in the hot tub, take an extra long shower, pick up some coffee from your favorite coffee shop, stretch, etc. Do whatever makes you feel great!

**Reward Yourself Every Week:** At the end of every week plan something fun you’ll do if you complete all your workouts. Go to a movie, get a massage, or go shopping.

**Reward Yourself Every Month:** You can plan bigger rewards for completing all your workouts in one month. Take a weekend trip, buy a new pair of running shoes, a day at the spa. Choose something that makes you smile when you think about and get moving.

**Reward Yourself at the End of the Winter:** Another way to stay motivated is to plan something for the end of the winter like a vacation. Knowing you have a vacation to look forward to will motivate you to stay in shape so you are strong and ready for your trip!
Personal Training: Are you interested in 1-on-1 personal training, want a boost in your energy levels, or are you in a workout rut? Schedule sessions with our personal trainer. Contact Derek Wetzel, Fitness Specialist via e-mail dlwetzel@me.com or by phone at (570)809-5889. There is a fee.

Fitness/Wellness Programming for September, 2010

Fitness 101: Equipment Orientation
Orientations for pin select Life Fitness equipment and/or cardio equipment. Sign ups are not required for scheduled sessions. Interested participants should show up at the start time in the lobby of the KLARC. Sessions may last 30-60 minutes. Please come to the sessions with an idea of what machines you would like me to go over. It will make the sessions more informative for each participant. There will be no equipment orientations/consultations outside of the posted dates and times!

Wednesday, December 1 @ 12:00pm

Get Fit Program
All Get Fit Program participants, please remember to pick up your prizes for workouts 15, 30 and 45. You can collect all prizes from the front desk staff. Collect all your rewards by Tuesday, December 7th.

12 Days of Fitness
12 Days of Fitness participants: When all 12 fitness activities are completed please give your finished card to the front desk staff. Please put the date next to each completed activity. On Wednesday, December 8th 3 names will be drawn as our prize winners. All 3 winners will be contacted via e-mail and the winners can pick up their prizes from the front desk staff at the KLARC. If you have any questions please contact Annette Stutzman via e-mail at annette.stutzman@bucknell.edu.

Condensed Group Fitness Schedule Will Begin Wednesday, December 8th Through Friday, December 16th.