

Exercise Directory

A commonly cited barrier to exercise is boredom. Incorporate a few of the following to help you maintain interest and remain active.

1. Walk at the mall or local high school track. Most malls are available for walkers before shops open for business.
2. Join a fitness center where certified staff can guide you on an appropriate and varied exercise program.
3. Exercise at your local Community Center. Many have walking tracks and/ or designated times for open swimming.
4. Enroll in classes provided by your local Parks and Recreation. Community exercise programs tend to offer a less intimidating environment and include an assortment of courses (aqua aerobics. Yoga, pilates, kick-boxing).
5. Join a walking, jogging or cycling club. Most clubs include individuals with different fitness levels and will provide guidance in getting started and progressing appropriately.
6. Join a soccer, basketball or roller hockey league. There are several adult leagues and even women-only leagues.
7. Join a hospital exercise program. Beaumont Health Systems offers both a cardiac rehabilitation program for heart patients and on Optimal Aging program for elderly individuals without heart disease who have a referral from their physician.
8. Buy exercise equipment to use in your home. Choose from treadmills, stairs steppers, elliptical machines, stationary bikes, recumbent bikes, rowing machines or cross-country machines.
9. Rent exercise DVDs from your local library to work- out at home when it is convenient for you. Or visit www.collagevideo.com to view samples of exercise DVDs before purchase.
10. Use a neighborhood trail for hiking, mountains biking, cross-country skiing or in-line skating. Travel and explore parks and trails in other for a change of scenery.

