

Indoor Physical Activities

If the weather is bad or you prefer the indoors, there are still lots of physical activities you can do:



- Put on some music and dance.
- Do strength exercises at home. These involve lifting weights, but you don't need barbells. Use items such as water bottles and canned foods as dumbbells.
- Borrow an exercise video from the library or a friend (for example, chair dancing, step walking, and basic aerobics).
- Go to a gym or recreation center.
- Get involved with fitness activities at a local community center or senior center.
- Too hot outside? Take a swim in an indoor pool.
- Take a water aerobics class.
- Look for sales or visit second-hand stores for used exercise equipment.
- Do indoor activities such as racquetball, tennis, roller-skating, bowling, etc., at a sports center or gym.



You can also start by using your own body's weight. For example, do curls as if you are lifting dumbbells, but just lift your fist. Lie on the floor, and lift your legs.

- Walk around the mall. Most open early for walkers—ask about this at their information desk.
- Do stretches (see Handout P30—*Sample Stretches*).
- Exercise with a fitness program on TV.



Ask your MOVE![®] team for more information on stretching and flexibility activities as well as strengthening exercises.