

Find Your Move.

Ways to be active if you like exercise and going to the gym.

Try these to spice up your gym time:

Switch up your workout plan – continually challenge your body with new things to maximize fitness and keep workouts interesting.

Rock wall climbing – Get out of your comfort zone and experience the adrenaline rush you get from defying gravity.

Jump Roping - It's a great way to get the heart pumping and have fun.

Boxing – It's an intense full body workout! Many gyms offer boxing classes that you can join for free.

Spin Class - It is a great cardio workout with social support to keep you motivated for the whole class.

Handstands - They challenge balance and upper body strength. Find a progression online for a variation that is right for you.

Personal training session - Most gyms offer one free personal training session upon joining. There's always room to learn more so why not try it, if it's free.

Meditation - Some gyms offer mediation classes that can help you relax and lessen the effects of everyday stress.

Bootcamp - Boot Camps are circuit-based exercises done in groups. You'll get a vigorous workout that provides cardio and strength training.

Aim for at least 5 days of physical activity. Focus on strengthening each body part 2 days per week and on flexibility 2 or more days per week. Here's a sample weekly routine to maximize your gym time:

Mon – 30 min elliptical, weights for arms and shoulders, abdominal exercises

Tues – 1 hour spin class, weights for chest and back, 10 min stretching

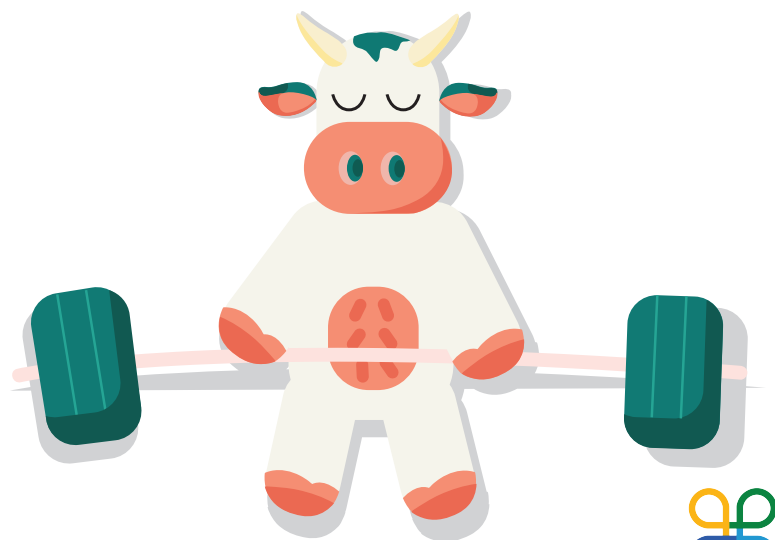
Wed – 20 min treadmill walk, weights for legs

Thurs – 30 min stationary bike, weights for arms and shoulders, abdominal exercises

Fri – 1 hour Zumba class, weights for chest and back, 10 min stretching

Sat – 20 min treadmill jog, weights for legs

Sun – yoga or meditation class



<https://www.cpp.edu/health>