

W.O.W.

WAC ON WELLNESS

TAKING YOUR DAILY ACTIVITY OUTDOORS

As we approach the spring and summer months, try accomplishing your daily move goals outside. Here are some ways to get a little extra movement in when you're not able to make it to the gym.

NUMBER ONE:

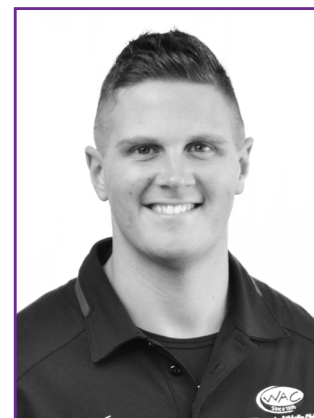
I always FIND time to go for a walk, often with my dog. It might not sound like much, but if you find yourself coming to the gym to walk on the treadmill, why not make it a little more enjoyable and mentally relaxing and get out in nature. Regardless if you're at a park, a beach or out in in your neighborhood, there are props around you to help sneak in some exercises. You can find a bench to do push-ups on, find a curb to do step ups on, or if at a beach, try some sprints in the sand.

NUMBER TWO:

Find a sport or activity you love to do! If it's playing a summer game like softball or volleyball, join a team or find some friends to play with. Take advantage of all the surrounding lakes and rentable equipment, for example, try kayaking, canoeing, or paddle boarding. Water exercises are calming for your mind and provide a great workout. You use a lot of core and back muscles to propel yourself through the water while you improve your balance through stabilization work. Paddle boards are actually big enough that you can add exercises on them too. Try taking a seat and performing sit-ups or continue standing while trying body weight squats.

SUMMARY:

Take some time to really think about what you enjoy, don't think about the physical impact all the time. Mental health is just as important as physical health. Enjoy the warmth and sunshine of this season and take a break from the indoor gym setting. Escape from social media, television, and sometimes people. Let your mind and body relax. Working out doesn't always need to be in the gym, make time to move in everyday life alongside family, friends and with your pets!



JAKE WAGNER
WAC Menomonee Falls
Personal Trainer
jwagner@thewac.com



Wisconsin Athletic Club
FIND YOUR FIT.

Always consult your physician before starting any exercise program.
www.thewac.com/wow