

## Indoor Activities

It's too cold, too hot, rainy, icy, or snowy outside today. It's true that older adults can be affected by heat and cold more than others, but bad weather is no excuse to cancel your exercise for the day! With a little creativity, you can be active indoors in a variety of ways:

- Walk on the treadmill, ride the stationary bike, or use the rowing machine that's gathering dust in your bedroom or basement. Or use one at a nearby gym or fitness center.
- Work out with an exercise DVD. You can get a free one from **Go4Life**.
- Go bowling with friends.
- Join a local mall walking group.
- Walk around an art gallery or museum to catch a new exhibit.
- Check out an exercise class at your neighborhood Y or senior center.
- If you like dancing, take a Zumba® or salsa class.
- Try yoga or Tai Chi.
- Go to the gym and work on your strength, balance, and flexibility exercises or set up your own home gym. All you need is a sturdy chair, a towel, and some weights. Soup cans or water bottles will do if you don't have your own set of weights.
- Go to an indoor pool and swim laps or try water aerobics.
- How about a game of indoor tennis, hockey, basketball, or soccer?
- Go indoor ice skating or roller skating.
- Maybe it's time for some heavy duty cleaning. Vacuum, mop, sweep. Dust those hard-to-reach areas.
- Play ping pong with the grandkids.



### Quick Tip

You're more likely to exercise if it's convenient. Put your hand weights next to the sofa so you can do some lifting while you watch TV. Walk around the house when you talk on the phone. Make an extra trip up and down the stairs when you do the laundry.

### VISIT

[www.nia.nih.gov/Go4Life](http://www.nia.nih.gov/Go4Life)

- Order the free **Go4Life** exercise DVD.
- Read more tips for adding physical activity to your day.
- Share your exercise story.



National Institute on Aging

