



Stay Active All Year: Seasonal Fitness Strategies for Students & Families

Seasonal fitness means adjusting your exercise routine to match the conditions and opportunities of each season, which helps you stay active and healthy all year. By adapting your activities to the changing weather and environment, you can make exercise more enjoyable and effective, keeping yourself motivated with a variety of workouts.

WINTER FITNESS

- Engage in indoor activities like yoga, dance, or home workouts.
- Try winter sports such as skiing or ice skating.
- Dress in layers for outdoor activities.

The Benefits: Maintained fitness levels, improved mood, and enhanced cardiovascular health.

SPRING FITNESS

- Take advantage of outdoor activities like hiking and biking. (Be safe!)
- Join community sports leagues or fitness classes.
- Set new fitness goals for the season.

The Benefits: Increased physical activity, improved mental health, and social engagement.

SUMMER FITNESS

- Swim, play community sports, hike, or go for morning walks (Be safe!)
- Stay hydrated and protect against sun exposure.
- Incorporate family activities like picnics with active games.

The Benefits: Enhanced fitness, better hydration, and family bonding.

FALL FITNESS

- Establish a consistent workout schedule.
- Participate in seasonal activities like apple picking or leaf raking.
- Join indoor fitness classes as the weather cools.

The Benefits: Maintained fitness routine, stress reduction, and seasonal enjoyment.



How can you adapt your fitness routine to stay active and healthy throughout the year?



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