



## TAKE IT OUTSIDE



Now that the weather is getting more pleasant, it's a great time to take your workout outdoors! It doesn't matter if you're an exercise pro or just starting out, try to get outside and enjoy nature as you work up a sweat.

### FUN ACTIVITIES THAT DOUBLE AS A WORKOUT

- Bicycling
- Tennis
- Frisbee golf/disc golf
- Good 'ole walks around the block
- Basketball
- Softball/baseball – consider joining a league
- Swimming
- Trail hikes
- Tracks – school and park

PERSONAL COACHING  
**GET STARTED**

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