

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

NUSTARTHEALTH.COM/GET-STARTED
877.563.0700 | INFO@NUSTARTHEALTH.COM