

Warm winter up with a fitness program

Cold weather and winter gives us a great excuse to stop exercising, but we can also turn it into a great reason to start exercising. Most people know the connection between fitness and physical health. Study's show regular exercise cuts the chances of heart attack, stroke, diabetes and colon cancer. Numerous benefits have been documented regarding exercise and emotional health. Anxiety and depression is reduced. This is important particularly in the winter when seasonal depression is high.

There are a lot of ways to continue or start your poor weather work out. Take this opportunity to cross train your exercise routine by trying other sports and exercises.

- Sign up for an exercise class. From aerobics to kick-boxing to tai chi, There are classes available for everyone in mind. Classes such as yoga and pilates provide stress relief as well as increased strength, flexibility and balance.
- Off-season is a great time to build and strengthen muscles. Take advantage of this indoor time to include regular weight training sessions 2-4 times a week.
- Team up for new activities such as ballroom dancing, squash, racquetball, a basketball game, or join an indoor soccer league.
- Join a health club. Find one that is convenient and comfortable for you. To stay motivated once you've invested in a membership, find an exercise buddy to work out with at the gym.

If you are having pain and unable to start or continue to exercise, call Centerpointe Chiropractic and Physical Therapy in Medina at (330) 723-2225 and we can evaluate your condition and get you started on a therapeutic exercise program.