

## Physical Activity - Bringing Variety Back Into Your Workouts

Are you bored with your physical activity routine? It happens! Bringing some variety into your workouts will help you get better results. Ideally, you should change the type of exercise you do every 4-6 weeks to provide a new challenge for your body. Try some of the tips below to help bring variety back into your workouts.



### Adaptation

When you are learning a new activity, you expend extra energy learning to do it right. Think of the last time you learned a new sport. Were you coordinated or clumsy? The lack of coordination in the learning process helps you burn calories!

### Changing Your Workouts Can Be Simple

#### ❖ Try a new activity

- Classes at the gym or video at home
- Switch between swimming, jogging, and cycling
- Switch it up – try using different machines at the gym

#### ❖ If you love resistance training, but not cardio

- Try a class that gets your heart pumping – maybe yoga or Pilates

#### ❖ If you are a cardio king/queen and hate resistance training

- Try body weight exercises (sit-ups, push-dips, planks, or chair dips)

#### ❖ Do the same activity differently

- Walk/run the same route in the opposite direction
- Change the order of your weight routine
- Try exercising in a new location, or exercise with a friend

#### ❖ Be creative and try new things

- Incorporate intervals into your regular workout
- Try working out at a different time of day
- You may find an activity that is your new favorite