FALL TIPS TO GET MOVING

This week we move into a new season. Officially on Monday, September 22, 2014, it will be the autumn equinox. Fall...a beautiful time of year in Frederick. We celebrate with hay rides, apple picking, visiting the pumpkin patch, and capturing a glimpse of the fall foliage. As the weather gets cooler it can be tempting to go inside and snuggle by a fire. Instead try these 10 tips from the Academy of Nutrition and Dietetics to get moving this fall:

1. Wake up 30 minutes earlier and take a brisk walk to start your day. Enjoy the crisp fall air before winter sets in.
2. Rake the leaves.
3. Park at the far end of the parking lot or get off the bus stop early and walk the rest of the way.
4. If you work on a computer all day, get up and walk to the water fountain or do a lap around the office for five minutes every hour or so.
5. Walk or ride your bike to do nearby errands.
6. While you watch TV, do household chores or projects: mop the floor, dust the furniture or clean the mirrors. Avoid the “couch potato” syndrome.
7. Instead of letting the dog out in the yard, grab Fido’s leash and go for a walk. It will keep both of you more fit.
8. Forget the drive-through car wash and wash the car yourself.
9. Play actively with your kids, grandkids or pets.
10. Use exercise equipment while reading the paper, planning your to-do list or watching the news.

Health experts recommend adults get 30 minutes of moderate intensity exercise most days of the week, preferably every day. This is in addition to your daily activities. To prevent weight gain you may need 60 minutes. One strategy is to keep track of exercise habits on a calendar to see if there is a pattern. Examine what days of the week you include it in your schedule and what activities you do the most often. As you plan the week’s schedule, put it on your calendar until...
it becomes a routine habit. Pick activities you enjoy—gardening, dancing, bowling, working out at the gym, or a stroll around Baker Park. The point is to just get moving!

The benefits of physical activity are multiple; most notably it burns calories and can help you lose or maintain your weight. This is certainly more enjoyable than starving yourself or giving up all your favorite foods. Other great benefits are:

- Improves self-esteem and feelings of well-being
- Reduces feelings of depression and anxiety
- Increases fitness level
- Helps build and maintain bones, muscles, and joints
- Builds endurance and muscle strength
- Enhances flexibility and posture
- Helps control blood pressure
- Lowers risk of heart disease, colon cancer, and type 2 diabetes

Where can you go for a walk in Frederick County? The choices are endless as the county has the largest land mass of any other in the state of Maryland. It is home to three national parks, two state parks, 17 county parks, historical sites, civil war battlefields, and endless trails including the famous Appalachian Trail. The local health department provides a detailed listing of over 50 local walking trails by area at [http://www.frederickcountymd.gov/index.aspx?nid=2405](http://www.frederickcountymd.gov/index.aspx?nid=2405)

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