FALL TIP 1
9 Tips for Fall Fitness

Fall is a great time to start a fitness program because you will create good habits for the holiday season and the upcoming winter months. With the change in seasons comes a renewed time to rethink and restart. Here are nine ways to make most of this new season.

1. Enjoy the foliage. Exercising outside feels like a lot less work, especially if you are doing something you enjoy. Relish the cooler weather and take advantage of outdoor adventures before the winter rolls in. Research park trails nearby to enjoy a hike or bike ride amid fall's colorful foliage. Even apple picking or pumpkin gathering with your kids is a fun activity that is sure to burn calories.

2. Layer up. The change in season brings about a change in climate. Depending on where you live, temperatures could gradually decrease or drastically dip over the next month. Keep this in mind as you plan outdoor activities and invest in breathable, moisture-wicking clothing.

3. Be safe. Shorter days bring dark mornings and evenings, but this should not deter you from an outdoor exercise regime. Just be smart about it; wear reflective workout clothes and carry a flashlight to illuminate your path. Bike riders should invest in headlights and blinking taillights and stay clear of heavy traffic roads. All early morning or evening exercisers should opt for designated paths or head to the local school track.

4. Take a cue from the kids. As children head back to school this season, remember that you, too, should never stop learning. Are you interested in boxing, tap dancing or even fencing? Ask about deals on intro classes to find out if it is right for you.
5. Workout at home. Now that the days feel shorter and the holiday season is looming, fitting fitness into your daily routine may feel impossible. However, remember, even 15 or 20 minutes is enough time to get in a quick workout -- think living room aerobics or a quick dash around the neighborhood.

6. Get the right gear. For the most part, you can challenge your muscles with your own body weight and avoid all that specialty, super-expensive equipment advertised on TV. However, some items are helpful to your results, like hand weights or resistance bands.

7. Freeze that gym membership. If you do not have time to get to the gym or you simply rather spend more time outdoors, consider freezing your gym membership for a couple of months. Though you will be charged a small monthly fee to retain the membership, you could save up to 90 percent of the regular monthly charge.

8. Savor fall produce for less. Grocery stores and farmers' markets will be full of fall's freshest produce including apples, figs, pears, pumpkins, sweet potatoes and winter squash. In-season produce is rich in flavor and cheap on your wallet.

9. Buy a bike. According to The Best Time to Buy Guide, new bicycle models are released in September and dealers slash prices because they don't want old models haunting their showrooms. Bike manufacturers make updates to new models, so educate yourself on those changes. Sometimes the updates are minimal or limited to design tweaks, making the older models a super smart buy.