

Dr G. - 5 Indoor Exercising Tips



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Keep Moving this Winter with Indoor Exercise

It's tempting to stay in a warm cocoon in front of the TV. But healthy habits don't hibernate! You'll feel a lot better (and maybe even warmer) if you keep moving-exercise is shown to be a great stress-buster and mood booster.

Here, in no particular order, are our top indoor exercises to tide you over until spring:

Resistance training-Lift weights or working with resistance bands.

Walking-Find an indoor track at a local school or an enclosed shopping mall.

Elliptical machine-Use your own, or the gym's.

Stationary bike-Upright and recumbent varieties are both great.

Water aerobics-Sometimes classes are offered at local community centers.

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