

Fall into Fitness

Say goodbye to summer and say hello to the fall semester! With cooler temperatures, fresh air, and all the fun holidays right around the corner, what isn't there to love about fall? There is just something about the season of falling leaves and changing colors that make the world seem like a better place, even when it feels a little bit crazy! With a new season also comes fun new activities to do, especially ones that will benefit your health and fitness. Look at our list of top 10 activities to do this fall that will keep you happy and healthy with your colleagues and loved ones at home!

1. **Raking Leaves** - Raking is no one's favorite part of fall, but it is one of the best workouts you can get in the fall! While the leaves colors are turning, it is time to get those muscles burning!
2. **Apple picking** - You could spend hours walking through an apple orchard trying to find the perfect apples! Not to mention, once you burn all those calories, you have a bushel of apples to make into healthy recipes! Here are some of the amazing [health benefits of apples!](#)
3. **Gardening** - While most people think of gardening as a spring activity, in the fall is when those gardens are ready to be harvested and prepped for next year. Fall is the time to plant those bulbs for next year!
4. **Picking from the Pumpkin Patch** - Walking the pumpkin patch will help you burn off extra calories. Pick a big one for added weightlifting, although not too big as to cause injury. Keep your back straight and lift with your knees! And don't just use those pumpkins for carving Jack-O-Lanterns, make some fall pumpkin recipes and enjoy the [incredible health benefits of pumpkins](#) too!
5. **Football** - Playing a game of touch football is a fun way to get some exercise with the whole family! Not to mention the fine motor skills, teamwork, and numerous other [benefits playing sports has for kids!](#)
6. **Hiking to view foliage** - What could be better than spending some time to take in the beauty of the fall season while getting in a good workout. Connecting with nature has a calming effect on the mind. It is important not to overlook the mental health benefits of Autumn as you strive to improve your overall wellbeing.
7. **Biking** - If you are looking for a higher intensity workout, instead of hiking, try biking! The long winter is approaching so this might be your last chance to take that bike out for the season. What better way to take in more of the beautiful sights of Autumn in a shorter period?
8. **Corn Maze** - The corn maze is a staple of the fall season, and a great way to get exercise without even realizing it. Think of all the calories you will burn as you aimlessly wander around the maze looking for a way out. Just do not get lost. Or do and burn some extra calories in the process!
9. **Nature Scavenger Hunt** - Turning your nature walk into a fall scavenger hunt for the kids is a fun way to get them moving and enjoying nature! Here are some ideas for what they could

collect on their [scavenger hunt!](#)

10. **Go horseback riding:** There is not many more activities out there that beat a peaceful stroll through nature on horseback. You get the benefits of being outdoors enjoying the perfect weather while not having to worry about breaking into a sweat or exhaustion. This activity will help strengthen your leg muscles and will also help you burn around 400 calories per hour of riding.

Source: <https://www.communitycare.com/News/Articles/10-Activities-Fall-Fitness>

Source: <https://www.healthfitnessrevolution.com/top-10-healthy-fall-activities/>