

Rainy Day Fitness

How to Exercise When It's Raining Outside

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TAKE THE STAIRS

-Spending 10 - 20 minutes marching up and down the stairs can drastically increase your step count.

-The stairs are also an excellent way to get your heart rate up, burning around eight to 11 kcal of energy per minute.

2

JUMP ROPE

-Skipping is one of the most effective cardio workouts.

-It can be done in a small space, and it can be a higher calorie burner than running.

-You can even buy ropes with handles only, if you don't have the vertical space.

3

HIGH STEP WORKOUTS

-There are a number of workouts which can increase your step count.

-When choosing a workout, try and find one that combines bodyweight and cardio.

-Exercises like burpees and lunges (or even better, lunge walks) are a great go-to.



If you do choose to go out in the rain:

Rain Gear

Wear a rain coat/ cap and waterproof boots, plus enough layers to stay warm. You can pack dry clothes to change into if you are going to be out a while.

4

SHOPPING

-Shopping centers and malls are usually huge and almost always located entirely indoors.

-Walk around the shops and you can easily get your 10,000 steps in - plus, you'll be close to coffee shops and cafes if you want to stop for a rest.

5

PRACTICE INEFFICIENCY

-Instead of taking one trip to do something, take multiple.

-Get up and change the television manually or walk around the supermarket numerous times to get your shopping instead of getting everything in one circuit.

6

FITNESS VIDEO GAMES

-Ring Fit Adventure, Just Dance, Dance Dance Revolution, Fitness Boxing, Beat Saber and more offer options to work out as part of a fun video game.

-If you trick yourself into thinking your just playing a game, you may exercise longer than you would normally.

Keep Your Gear Dry

Use waterproof cases, zip lock bags, or trash bags to keep your gear dry too to avoid damaging anything.

Be Vigilant

Watch for slippery surfaces, flash floods, or any hazards caused by the bad weather. If it seems, dangerous, stay inside!

Just because it's raining doesn't mean we have to just sit around! There are plenty of indoor options for staying in shape.