

RAINY DAY BLUES: 7 WAYS TO STAY ACTIVE INDOORS



Streaks of rain showers can leave their mark and, although they are a welcome change of weather for our beautiful sunny Redding, it definitely drowns us in a whole new set of situations. *Full pun intended.*

For example,

What to do all day indoors?

What to do now since I can't go do my morning run with all this rain?

What can I do to stay active indoors?

These are all valid and logical questions. One thing we've learned over time is that when one door closes, another opens. Here are a few examples of ways to keep yourself active and busy on those gloomy rainy days.

1. Practice Yoga



Many of you out there have heard of yoga, but maybe have not practiced it. There's also some of you who have been interested to look into but never really had the time.

Guess what? Today is a perfect day to just that.

Yoga has been used for centuries as a way of meditation and has been known to improve strength, muscle tone, flexibility, and joint mobility. It also has a big role in getting better sleep, well-being enhancement, and stress relief.

If you've never practiced before, look up basic ways to do yoga and find a nice area in your home where you feel completely at ease to begin.

2. Do Housework or Reorganize a Room



We know. We know. It hurts to even think about housework. **Wait... is that just us? Oops.**

Well then, **one of the best ways to keep active is to move around** and the best way to move around while indoors is housework.

According to [livestrong.com](https://www.livestrong.com), **washing greasy dishes** for half an hour will help you **lose 160 calories** and **scrubbing floors** will **burn about 400 calories** per hour!

I bet if most people had known this before, they would have rethought that gym membership.

If your house is spot clean, though, you can always go through your living room or bedroom and reorganize things. The continuous lifting of objects and bending down to pick them up will definitely give you a cardio workout unlike any other.

3. Do a Workout Video



This is an area where the possibilities are endless! There are so many great workout videos out there that choosing one is probably going to be more strenuous than actually doing one.

Think whether you want to stick to the same things you've been doing in your workouts or try something new.

You can also opt for playing a dance game on an interactive gaming platform like Xbox Kinect or Wii. Those are just as rigorous sometimes as your average workout video.

4. Join a Gym



Joining a gym is definitely a great way to stay active.

You can look into what types of gyms are in your area and go from there.

Fitness, Cross fit, and Rock Climbing gyms are just a few of the options out there.

If you already have a fitness routine going, you can complete it if it is available to you at the gym you choose. If not, then think about what basic muscle groups you are working out and see how you can make a workout with the given equipment.

5. Create Your Own Workout



One of the best ways to enjoy the love of activity indoors is to create your own indoor workout. There are so many exercises that you can do from the comfort of your home.

For example, to do some **cardio routines** you can try running in place, high knees jog, jump rope, and jumping jacks to name a few. For **strength training**, try researching home exercises for the particular muscle group you are targeting and build a routine with what you find.

The internet is filled with useful information on how to assemble a workout with no equipment.

6. Go Walk Around the Mall



If nothing sounds appealing so far, call up some of your friends and have a mall date.

Walk around store to store and get that heart pumping. Try to choose a big mall or one in a two-story building so you can take advantage of the stairs. Start at one store and do a lap around the mall until you end up at that one again. Do this a few times until you feel pretty great about your workout.

According to walking.about.com you can **lose anywhere between 57-170 calories** an hour at a mere 2mph speed, depending on your weight. Cheers to a fun productive day!

7. Go outside!



I know this goes completely against the entire point of this article but...

Who says you can't go outside?

With the right gear you'll be running up and down the streets and be golden. If you aren't too uncomfortable with rain, gear up with the right wardrobe and hit the road! There's actually a few benefits to that. Plus, no gym or exercise video can beat the soothing sounds of the rain during a workout.

Although there are plenty of other ways to stay active on a rainy day, we hope these at least sparked up the motivation to get up and get moving.

Like we said earlier, the possibilities are endless.

Whether Yoga, Zumba videos, a walk in the mall, or getting muddy in the rain is your thing, make sure you stay active! You have the power to keep yourself fit and energized!

This entry was posted on Tuesday, June 23rd, 2015 and is filed under [Front Page](#), [Outdoor Adventure Guide](#), [Uncategorized](#).