## 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. | **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. | **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. |

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| **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. | **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. | **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 you just playing a game, you may exercise longer than you would normally. |

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

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**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.

**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!