

# Mixing it up!



## Variety Keeps Your Body Going Strong

*By Nicole Kerbrat, Kinesiology and Recreation Management Student, University of Manitoba  
Kristine Hayward, Physical Activity Promotion, Winnipeg Regional Health Authority*

Have you seen an activity and thought “that looks like fun!” Do you ever feel stuck in a physical activity rut? Ready to be active but not sure what to do? Now may be the perfect time to try something new!



## Why should I try something new?

Although it may seem scary moving out of your comfort zone, trying new activities can be good for you.

### Here's why:

- There are physical benefits to adding variety. Your muscles adapt when you do the same activity repeatedly. Changing up your routine means your body has to work in different ways. This will lead to better performance and enjoyment.
  - Trying new activities has many social benefits such as new friendships.
  - Changing your physical activity routine can help avoid injury. Variety maintains
- and increases your endurance, strength, flexibility and balance. This can help with everyday activities such as carrying groceries or taking the stairs.
- Mastering a new skill can increase your confidence in your ability to try new activities.
  - New activities and adding variety keeps your brain engaged and alert. This helps prevent boredom!



For more information on how to get active, where to find a certified fitness leader and more, contact Manitoba Fitness Council at [manitobafitnesscouncil.ca](http://manitobafitnesscouncil.ca)

# Tips for Success

Planning and preparation can help you succeed when starting a new activity. Here are some tips:



**Explore new options** – Find a new activity. Ask questions: is there a certain skill level required? What kind of clothes and equipment do I need? Friends or co-workers are often a good place to start when looking for information.

**Set specific goals** – Write out short-term and long-term goals that are realistic and achievable. This will help set you up for success.

**Recruit a partner or family member** – Being active with others can make the experience more enjoyable! You can motivate and encourage each other. Celebrate success together!

**Be patient** – Whether you are just starting your physical activity journey or adding a new activity to your routine, give it time. Start off slowly to help your body get familiar to the new movements of the activity.

**Who can help?** – A kinesiologist, certified fitness leader, or coach can help you find a good activity. They can help you prepare for what to expect and answer any questions. If you are new to exercise, consider consulting your health care provider. [winnipeginmotion.ca/who\\_can\\_help.php](http://winnipeginmotion.ca/who_can_help.php)

**Step outside of your box and mix things up!  
Who knows, it may become your new favourite activity!**

## Activities

### Skijoring

Skijoring is a great sport for people who love to cross-country ski. It involves a skier being pulled by a dog!

### Pickleball

Pickleball is a fun game for all that combines Ping-Pong, tennis and badminton. Check out ALCOA's website for a list of locations. [alcoamb.org](http://alcoamb.org)

### Zumba Step

Zumba Step is a class that combines the strengthening power of step aerobics with Zumba!

### Drums Alive

Drums Alive combines aerobic movements with the powerful beat and rhythm of drums.

### Plus Size Fitness

A class designed to focus on the feel-good connections with yourself and your body without focusing on weight loss. See page ?? of the Leisure Guide.

### Couples and Family Fitness

Whether it is just mom and dad or the whole family, exercising together can be a great way to increase your bond. From aqua fitness and weight training to couples yoga and ballroom dancing – the Leisure Guide has it all.

For more information on how you and your family can get "in motion" visit [winnipeginmotion.ca](http://winnipeginmotion.ca), view us on YouTube and follow us on Twitter @wpginmotion