LISTEN THEN FILL THE BLANK

Do you have ongoing pain? Have you lost interest in your physical activity routine? Do you want to improve your fitness? Then, do some cross-training.

Why should you cross-train? By varying your routine, you engage different muscles, which helps your entire body become stronger, more flexible, and possibly more fit. You won't be straining the same muscles, bones, and joints, which is beneficial to lower your risk of injury. Most importantly, cross-training is more exciting and enjoyable, so you're more likely to stick with it.

This week, consider cross-training:

• Alternate from day to day. One day, take a walk. Next, go cycling, swimming, or dancing.

• Add something different to your regular routine. For example, add 5 minutes of jumping rope or stair stepping if you walk.

Switch activities within your workout. You could spend 10 minutes on a treadmill, 5 minutes on a stationary cycle, and 5 minutes on a rowing machine at the gym. At home, you may walk for 10 minutes, then do calisthenics for 5 minutes, followed by flexibility exercises for 5 minutes.

LIVEWORKSHEETS