5 Exercise Day Trips

Weekends are usually the only days people look forward to after a stressful work week. It is time to spend alone to recuperate from your work week or the time to spend with your family. When people think about the weekend it usually involves relaxing and doing nothing. While rest is very important, there are better, more fun and more productive ways to spend your time off instead of binge watching your favorite television series for 48 hours.

Get outside and take your family with you. Being outside helps you in so many different ways. You’ll breathe fresh air and get sun. With the fresh breeze on your face and a spring in your step, there is no reason why you shouldn't make every weekend memorable and healthy.

Are you interested in taking a healthy exercise day trip? There are so many activities that you can participate in. Take a look at the list below and maybe you can find your next weekend activity:

Go to the Farmer's Market

The weekend is often an excuse for people to eat out and spend money. Why not combine the two? If you’ve got a farmer’s market you could go and look at all the booth’s while you pick up some local cuisine.

Or you could make a day out of the going to the market and then come home and cook your own food out of the fresh, local food you found.

It is fun, it is healthy, it is great on the budget and it is the perfect way to have a great day with your family.

Climb a Mountain

Getting in touch with nature is an easy way to leave your responsibilities and your obligations behind. Not only is it a great workout but it is the breather that you need from your busy and stressful work week.

Go online and look for local hiking trails in your area or find a paperback book at a bookstore near you. You’ll find hikes for all skill levels.

Bring your family or a date along for a more meaningful hike!

Take Dancing Lessons

This physical activity is perfect for people who are currently dating. Dancing is an intimate affair you can do with your significant other. It is an effective way to bond and get to know each other. It is also a fun way to get the exercise that you need. You would never feel like you are working out while you are dancing. A definite win-win!

You can find a variety of different styles – swing, hip-hop, country and ballroom are just a few. Don’t quit after trying only one style. Keep going until you find one that you really enjoy.

Take Advantage of Your Local Pool

If you have a pool at your local community center or gym, then it is high time to take advantage of the privileges you are paying for. Instead of binge watching those TV shows, why not take your children to the pool for a little dip. You’ll all have fun and plus you’ll be able to teach them how to swim and make lasting memories!

Play with Your Children

Children nowadays are incredibly engrossed with their consoles, phones, tablets or whatever new technology becomes available. The screen time they are allowed can be anywhere from a half an hour a day to six or seven a day. It is a good idea to remind them that playing outside can also be fun.

How about join them during play time? You might be surprised on how much exercise you’ll get and how fun it is. Try to remember games you played outside to take you back to your childhood memories. Teach them Red Rover, Simon Says or Red Light, Green Light.

Kids have enjoyed these games for years and your kids are no different.

Spending an entire day with your family with the activity based around exercise will teach your children how important physical activity is. It doesn’t have to be a chore. Go for a hike, play at the playground and have a picnic or take your bike up the mountain.