



MHealthy Physical Activity:
CROSS TRAINING
THE BOREDOM BUSTER



WHAT IS CROSS TRAINING?

Cross training is choosing a variety of aerobic activities.

WHAT CAN CROSS TRAINING DO FOR ME?

Cross training offers lots of benefits. It can leave you in better shape while helping you avoid burnout. If you move your body in several different ways by cross training, you decrease your risk of overstressing or injuring muscles and joints.

In addition to being good for your body, cross training is good for your mind. At one point or another almost everyone needs a change of pace. The routine becomes dull and our motivation wanes. Trying something new “freshens up” the routine.

In addition to attending exercise classes twice a week, take a brisk walk on your lunch hour. If you are bored with the treadmill, try the stairmaster or a stationary bike. Tired of walking or running? Try swimming! Cross training is a great boredom buster.

If a weight loss plateau is frustrating you, try adding a new activity into your routine. A new challenge may be just the nudge your body needs to break that plateau and add some spice to your exercise routine.