With cooler weather, falling leaves, and summer coming to a close, autumn is a perfect time to play and be active outdoors. Read below for ideas how you can stay active throughout the fall months:

**Go for a walk or hike and enjoy the beautiful foliage.** Whether you head to the hills to enjoy a favorite hiking trail or just head out the door for a walk in your neighborhood, take advantage of the colorful scenery and cool, crisp air while being active at the same time.

**Rake leaves.** Raking leaves is a great way to exercise, clean the lawn, and get outdoors without having to venture far. Make it fun – rake leaves with your children and let them jump in the pile!

**Pick apples, or visit a pumpkin patch.** Picking apples is not only fun, but requires a lot of walking, reaching, and often times carrying heavy bags of apples. Likewise, selecting the perfect pumpkin to bring home can be a process that involves walking up and down pumpkin fields.

**Visit a corn maze.** Corn mazes are fun for all ages and usually require a lot of walking or running to find your way through. Try a daytime corn maze for the whole family or a haunted maze at night time.

**Sign up for a holiday race.** During the holiday season, especially around Thanksgiving, “Turkey Trots” or other races are common. Sign up for a 5k with a friend or family member, and enjoy a jog in the cool fall air!

With cooler weather and crunching leaves under your feet, take advantage of ways to stay active and enjoy the autumn season!

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**Did You Know?**

If you carve a pumpkin, you can save the seeds and bake them for a healthy and delicious snack.

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