



# A PERFECT WINTER MOTIVATOR

SET ASIDE TIME FOR REJUVENATION AND EXERCISE DURING THE COLD MONTHS

STORY BY DORENE WEINSTEIN • PHOTOS BY EMILY SPARTZ.

Winter winds, icy streets and comfort food can sabotage winter workouts.

Dark, cold days make us want to ditch our exercise and cocoon inside making pot roast, cheesy potatoes and chocolate chip cookies.

Spark up your winter weary routine and maintain a healthy weight by bringing exercise inside.

"When it gets cold, people don't want to leave the house," says Sarah Wallace, owner and head instructor at Tiger Academy and independent personal trainer at Tryon Gym.

But we have to maintain our exercise levels during the cold months to stay strong and maintain a healthy weight.

Area gyms offer a wide variety of classes that can figure into a healthy change, Wallace says. Check out classes in yoga, TaeKwonDo, circuit training, pilates, spinning or water aerobics to get started.

Classes can be inspiring and are offered in many time slots. "They're a social indoor activity and a good cardiovascular workout."

Or try a new piece of equipment called

the ARC at Tryon. It's similar to the elliptical but without joint-jarring movements. It's especially good for people with bad knees and backs, Wallace says.

If time and money prohibits a gym membership there are ways to get a good workout inside, says Jill Dorenkamp, exercise specialist at Family Wellness Center.

The key is to set aside time. Even five 10-minute sessions spaced through the day is beneficial.

Walking is a near-perfect exercise – it's



LEFT: Jill Johnson, a Sioux Falls yoga teacher, positions her body in the Hero pose. ABOVE: Johnson and Roberta Stearns perform a standing deep breathing exercise during Johnson's class at Avera McKennan Fitness Center.

low-impact, doesn't require expensive gear and builds endurance. Go to the mall and walk – fast. You'll be on safe pathways and catch up on your window shopping, too.

Exercise classes on cable TV are another alternative. Everything is offered from belly-dancing to kick-boxing.

Jill Johnson, a Sioux Falls yoga teacher and owner of Joyful Living Yoga, has made her own yoga video geared to experienced practitioners and newbies, alike.

"You don't have to chant or get into a pretzel. It's a wonderful complement to any form of exercise and anyone can do it," Johnson says.

Stretching, meditation and relaxation are the focus of the video, but the best part is that there's no competition.

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"Yoga is like art. You feel graceful and beautiful" when you practice it, says Johnson, who teaches at the YMCA, Avera McKennan Fitness Center and Lady Wellness. The yoga video was filmed at Garretson and showcases the beauty of the Midwest, she says.

Students gain peace of mind through deep breathing and destressing. "Lots of exercise focuses on the outside. Yoga helps you get in touch with yourself."

Purchasing your own exercise equipment is another option for those who want to exercise at home. Treadmills, rowers and exercycles are available to buy or rent at area shops. Or develop a routine of calisthenics incorporating crunches, push-ups and squats. Use bands, balls and hand weights to augment the workout, Dorenkamp says.

If exercise isn't boring, you'll probably stick to it, she says. Find a friend and try something new.

CNN reported that we spend more money on health and fitness than we do on our national defense, Wallace says. Americans know that maintaining an active lifestyle is crucial to a healthy life. But, as a country, we're still fat and childhood obesity is a national problem that's not going to go away soon.

Children learn what they see, healthy daily choices models desirable behavior, Wallace says.

"By 2033, researchers are expecting all Americans will be overweight," Wallace says. When people hear that statistic, "they are either offended or enlightened. If you care enough to be offended, you care enough to change." •

YOUR HEALTH

**CREATE YOUR FITNESS GOAL**  
Meet with a trainer to develop goals and create a personal plan. Take advantage of the free tour option at area gyms. Buy a limited membership through the winter.

**CHOOSE AN EXERCISE:**  
WEIGHT TRAINING  
STRENGTH TRAINING  
CALISTHENICS  
MARTIAL ARTS  
HOME EXERCISE EQUIPMENT  
WORKOUT WITH EXERCISE SHOWS ON TV  
PILATES  
BALLROOM DANCING  
MALL WALKING  
YOGA

1. Twist.
2. Boat pose.
3. Triangle pose.
4. Warrior I pose.

"Beginning Yoga" by Jill Johnson, owner of Joyful Living Yoga, is available at [www.joyfullivingyoga.com](http://www.joyfullivingyoga.com) and these local retail stores:  
Zandbroz Variety  
Home Porch  
Avera Care Store  
Great Outdoor Store