

When getting your exercise means getting cold feet, move it indoors

OK, so maybe the idea of ice, snow and cold just doesn't motivate you to want to get moving. The America's Best Communities Healthy Living Team reminds us that Chisago Lakes offers many indoor workout locations where supportive, like-minded people encourage good health through exercise. Most workout studios offer free introductory classes, so give them a try.

Here are just a few ideas:

- Invite your spouse or a friend to join you, and head to Chisago Lakes High School for open walking. Five laps of the hallways equal one mile. Walk at the school at no charge from 6 to 7:15 a.m. and after school from 3 to 8 p.m.

The high school also has a recreational swim in the mornings and evenings for \$3 per adult. Sunday Family Swim is \$5. Lap swim is \$4 or punchcards for \$3 per time.

Also at the high school is a fitness center for \$20 per month, and \$15 per month for students. The center is open September to June.

- The Lindstrom Clinic,

located across Highway 8 from Thrifty White and the Family Pathways Thrift Store, hosts a number of workout classes for people of all ages. They will adapt the class to your abilities, and, if you are age 62, the classes are only \$2.

- In addition to yoga and a variety of classes, Ecumen/Vitalize Center at Parmlly Lifepointes in Chisago City also provides warm water pool exercise, which is very popular and easy on your joints.

- Anytime Fitness in Chisago City offers machines, weights and classes with a free seven-day trial pass. People who work out at the same time everyday get to know each other.

- Ignite Cross Training, located near Pizza Man in Lindstrom, offers a workout program and a trial package.

- Snap Fitness in Lindstrom provides a range of circuit machines and lets you work out any time of the day.

- Get a swim pass at the GrandStay Hotel in Chisago City if you like to lap swim.

- Chisago Lakes Community Education



offers yoga, dance, open volleyball, open soccer, zumba, pickleball, tai chi, stretch and cardio exercise, and more. Check it out.

There is no excuse for not keeping moving. Instead of hibernating in the house all winter, grab a friend and try one of the many classes and exercise programs available in our area. In fact, why not try more than one!

For websites connecting you to these opportunities and more, go to chisago-lakes.org, click on any one of the cities listed and then scroll down past the narrative to the red-lettered link to "community connections."