

January radio spot (Mix it up!):

Woman 1: I've noticed that you've been looking really healthy lately. Are you still running every day?

Woman 2: I am, but I'm kind of bored doing the same thing over and over. The cold weather makes it difficult to get motivated.

Woman 1: Have you thought about mixing up your activities?

Woman 2: No, not really. I guess I could run on a treadmill at the gym.

Woman 1: That's an idea, or you could do completely different activities! If you need to be indoors, you could try racquetball or a step class. On a sunny day, go for a bike ride! Running is good, but there are a lot of other fun options out there to keep you motivated.

Woman 2: That's a great idea! I guess it's time to mix it up!

Announcer: Sometimes with the holidays and the change of weather, it can be hard to stay motivated to get your 30 minutes of daily activity. Don't be discouraged! Brainstorm other options for indoors or outdoors to keep yourself moving.

Is your activity routine getting stale? Mix it up!

Escambia County Health Department
Tradition. Service. Leadership.
Protecting You Since 1821.