

9 New Fitness Activities to Try

Description



Do you dread going to the gym? Are you bored of the same old fitness routine? Well, then it may be time to shake things up. After all, working out should not only be beneficial for your health—but it should also be fun! That’s why we’ve put together this list of nine new [fitness activities](#) for you to try.

1. Trail Running

If you love the great outdoors, then trail running is just the thing for you. Trail running is essentially when you run on any unpaved surface. Trail runners will often hit the local hiking trails, which offer a mix of different textures and elevations to run on. Before heading to the hills, though, make sure to pick up a good pair of [running shoes for men](#) or women.

2. Cycling

If you haven’t been on your bike in a while, now is a great time to [start riding again](#). The COVID-19 pandemic sparked a renewed interest in cycling, as people were itching to get outdoors and [find new hobbies](#). Cycling can be a great way to both get some exercise in as well as explore your local community.

3. Swimming

It’s tough to find a better full-body workout than swimming. When you swim laps in a pool, you engage virtually all of the major muscles in your body. Plus, swimming is a very low-stress exercise that’s easy on your joints. If you live in a warm climate, then this is the perfect way to exercise.

4. Yoga

Whether you used to practice yoga or youâ€™ve never tried it before, consider taking a class. Yoga is beneficial not only for your [physical health](#), but also your mental healthâ€”many find it to be nice and calming, especially when it comes to the breathwork. There are several yoga classes available for all fitness and skill levels, so you can work your way up as you become more competent.

5. Boxing

More and more people are starting to turn to boxing as an alternative way to workout. You certainly donâ€™t have to be a pro-level boxer or even an elite athlete in order to get started. In fact, you donâ€™t even have to get hit if thatâ€™s not what youâ€™re into. Simply practicing boxing combinations and doing bag work can be an exhausting and effective workout.

6. Hiking

If trail running sounds a little too intense for you, but you still want to get out in nature, give hiking a shot. You can either go out on a hiking trail alone or with a friend if youâ€™d like some company on your hike. Hiking is one of the best ways to get your daily steps in while getting outdoors and breathing in fresh air.



7. Rock Climbing

Rock climbing may sound intimidating, but it doesnâ€™t have to beâ€”as a matter of fact, it can be a really fun way to improve your upper body and core strength. Check out your local rock climbing gym and see if you can purchase a day pass to try it out. Many gyms offer free passes or trial periods for first-time climbers. If you really take to rock climbing, you can take it to the next level and [join a climbing group](#) that embarks on outdoor expeditions.

8. Team Sports

Many of us haven't played a team sport since high school. Maybe you've never played a team sport before, period. In either case, you can still enjoy team sports as an adult. Chances are that your community has adult recreational leagues for a variety of sports, from softball to volleyball to [ultimate frisbee](#). In addition to being great exercise, joining a recreational sports team can be a great way to meet new people and make friends.

9. Surfing

Sorry, but this one's a bit location-specific, as you'll need to be near the ocean to surf. Nevertheless, surfing is a surprisingly tough workout that can help you increase your upper body strength. And, of course, you get to have a lot of fun in the water, soak up the sun, and hang around the beach.

As this article demonstrates, the gym isn't the only option when it comes to being active. There are countless fitness activities you can try. Give one of the activities on this list a shot and expand your fitness horizons.

Date Created

2021/08/17

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