Physical Activity for a Rainy Day by Danny Gains

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If youâ€™re a person that typically enjoys being active, you probably get antsy staying cooped up indoors when itâ€™s raining outside. On the upside, if you live near a gym or school, then you most likely have access to a plethora of indoor activities. While it can be difficult to get outside in the rain, once you arrive at your gym, youâ€™ll be happy you made the trek.

Because bad weather days tend to keep people indoors, you may have to find some activities to do on your own. If your gymnasium has golf nets, bring a few clubs along with you and work on your driving, chipping and putting. Indoor golf allows you to work on the technicalities of your game, without the outdoor distractions of bugs, sun and wind. Furthermore, hitting into golf nets can be a great workout, as it requires abdominal and leg strength along with arm power.

Another great indoor activity that you can oftentimes do alone is hit balls into baseball nets. Many gyms, mainly high school gyms, have a toss machines that shoot out baseballs to an individual. If you happen to have a friend or workout partner with you in the gym, take turns throwing and hitting. Both of these actions will work different types of muscles. No matter what your baseball hitting skill is, batting practice offers arm strengthening and core exercises and is a perfect activity for a rainy day.

Tennis is another option for a rainy day activity. While many courts are located outdoors, many gymnasiums offer indoor courts. The nice thing about indoor tennis is that many facilities have tennis court windscreens set up in between courts, not to block wind, but to divide the courts and give players some privacy. Also, if you do happen to have a partner to play with, your stray balls will be caught by the tennis court windscreens, which will prevent you from distracting other players.

There are several other activities one can do when the weather is poor. If you canâ€™t make it to the gym, here are a few things you can try in the comfort of your own home:

Running stairs

Doing a workout video

Cleaning/scrubbing floors

Abdominal circuit

Yoga/stretching

So donâ€™t let bad weather get you down! Think of rainy days as an opportunity to vary your workouts. By getting creative with your workouts and fitness activities, youâ€™ll be able to work many muscles that you wouldnâ€™t ordinarily work. Soon youâ€™ll be hoping for a rainy day!

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Danny Gains - About Author:
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