

Friendship International



SEPTEMBER 27, 2024

EXERCISE AT HOME

The best kind of workout is the one you will do consistently. Wouldn't it be great if we could exercise once and be fit and healthy? Too bad it doesn't work like that! Just like eating healthy and getting good sleep every night, exercise is a habit that only is beneficial and effective if it is done regularly.

We will all have different levels of exercise that's right for our bodies, depending on our ages and limitations. But we all need to MOVE. Back in my 20s and 30s I was a runner. I was so used to running that when I tried to take a walk, I felt like I was moving in slow motion. Now I LOVE to walk. One of the benefits of walking for me is that because it is not that difficult, I do not put it off – in fact, I look for reasons to go on walks! I love to be outside and moving. And that's what makes walking a good choice for me. If we do not like our choice of exercise, we might do it sometimes because we feel like we have to – but it will quickly fall away.

I also like to do workouts at home. I used to work out to lose weight or to try to be a certain size. Now with a better mindset, I like to focus on strength, flexibility and balance – all things that will help me as I continue to age.

Below are some free workouts online that you might enjoy. I will give you a little info about each one along with the links below. Happy Exercising!

Cardio Kickboxing 20 Mins (Easy/Moderate - No jumping)

The "Best" Beginner Workout 15 Mins (Easy/Moderate - No jumping, some floor work)

Arm Challenge 5 Mins (Easy - No jumping or floor work)

Bodyweight Cardio 16 Mins (Moderate - Some jumping)

Leg Burn Challenge 5 Mins (Short and Challenging)



UPCOMING DATES

September 27	Table Talk: What Did You Do This Summer?
October 4	NO FRIENDSHIP (Fall Break for Fayette County Schools)
October 6	Ashland's Fall Fest (more below)
October 11	Doctors and Your Rights
October 18	Field Trip to Eckert's Orchard

Get Out And Walk



If walking in your neighborhood is not an option (or you just want a change of scenery), below are some favorite walking paths you can find in [Lexington parks](#) with easy parking and access. Always plan your walks when it's light out and walk with a partner if you can. These are relatively safe areas that we would feel comfortable in, but we would always encourage you to be smart and cautious!

[Shillito Park](#) - 300 W. Reynolds Road, multiple parking options, some bathrooms. Total loop is 2.4 miles

[The UK Arboretum](#) - 500 Alumni Drive, bathrooms next to the parking lot. Total loop is 2 miles

[Click here for listing of trails in Lexington.](#) Look for the ones labeled "Walking Trail" and the trails will be paved and easy to follow.

ASHLAND FALL FEST: FREE FAMILY FUN!

Sunday, October 6th 4-7PM

Our host church, Ashland, is holding their annual community fall festival! There will be food, pumpkin painting, a petting zoo, inflatables, a fall photo booth, hayrides, music, and more!

Everything is FREE.

This event is open to everyone in the community, so invite friends and family to come with you!

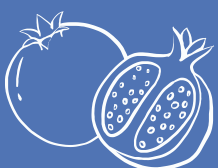
Ashland Avenue Baptist Church

Outside, behind the church

Rain Date: October 20th



MAKE YOUR OWN APPLE BUTTER: MADE WITH APPLES, CINNAMON, NUTMEG, AND ALLSPICE, IT SMELLS AND TASTES LIKE FALL!



FALL FRUITS: EVERYTHING YOU SHOULD KNOW ABOUT POMEGRANATES