

As Seen On **WUSA 9.COM** Presented By **A NEW ME Medical Interviews**

[Click Here To Watch](#)

Your Source For Medical Information From This Area's Top Doctors

Other editions: [Mobile](#) | [Text Alerts](#) | [RSS](#) | [E-Newsletters](#)

Search the District, Virginia and
Enter keywords or phrases

- Home
- News
- Weather
- Traffic
- Sports
- Video
- Features
- Community
- Tools
- Metromix
- Moms



hi, beyouspa!

[Update profile](#) | [Post photos](#) | [Write blog](#) | [Change account info](#) | [Change password](#) | [Log out](#)

Info To Go |

Web Alert >> Police Shooting In Arlington County

Fall Fitness For Less

Posted By: Lauren Vance ■ 6 hrs ago

- [Read Comments](#)
- [Print Article](#)
- [Email Article](#)
- [Larger](#)
- [Smaller](#)
- [BOOKMARK](#)

ADVERTISEMENT

60 SECOND TEST DRIVE

TAKE A TEST DRIVE! CLICK HERE

WASHINGTON, DC. (WUSA)--- The Living Well Team caught up with Daily Candy DC Editor Erin Hartigan to see what simple activities around town would help keep all of us feeling good and fit and that wouldn't break the bank.

Erin Hartigan says there are so many resources in town to keep us out and about, that getting outdoors to help us stay fit is still possible in fall.

The breezy fall evenings are perfect for taking an invigorating walk. This time of year, she says is an especially perfect time to check out some of Washington, DC's hidden treasures, many which are free. "Just outside of town is the National Arboretum, it's such a resource you wouldn't expect to see it in town. You can walk through the Asian Pagodas, herb

gardens, take advantage of foliage as the weather turns," she says.

And if you're like many of us who find it tough to get moving solo, relying on the power of numbers may help to motivate you. Erin says, "If you need that little motivation to get out of the house, there are great walking groups, like the Capitol Hill Hiking Club, there's an Alexandria Meet up Club and the tourism board is planning walking groups all around town too."

If getting a workout on two wheels is more your thing. Erin says thanks to a new program called DC Smart Bikes, biking in the city is now available to anyone. Everyone in the metro area can adopt a bike for a day.

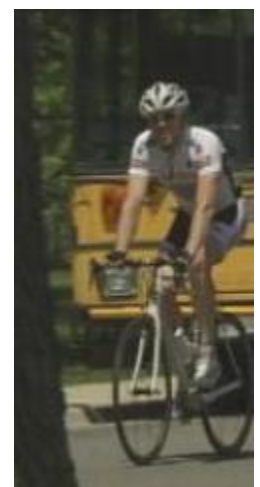
"It's kinda like a netflix for bikes. You can go to any station, they have them all around the touristy areas in DC, you can check out a bicycle up for a day, when you're done bring it back. You can go to the monuments up through Maryland," says Erin.

While the lazy days of summer make us more inclined to relax and enjoy life, the fall and winter season

PLAY VIDEO

WU

DailyCandy DC editor E suggestions on hout to s



are typically a lot busier and for many a lot more stressful. Unique treatments at area spas that are geared to "re-energizing" the senses help make the transition smooth. "Be You Bi Yu Wellness Center and Spa in Bethesda. Be it Tranquility or energy, she keeps that in mind and does different massages and pressure points based on how you feel. It can be warming, she has things that can really increase blood flow as we sorta lose our warm weather. Apart from other things that are known like acupuncture they have Reiki," adds Erin.

Massages aren't just all, Be You Bi You also specializes in wellness classes and services. Erin says, "They have this massage called the jaw breaker where she unlocks your jaw and I think in town there are a lot of us who tend to clench our jaw a lot."

Find out how to get started:

Be You Bi You Spa:<http://www.beyouspa.com/>

DC Smart Bikeshttps://www.smartbikedc.com/program_information.asp

Walking Meet-Up Groups<http://walkers.meetup.com/>

Embassy Walking Tours

http://nationalgeographic.com/places/places_of_a_lifetime/washingtondc/walking/tour/2.html

National Arboreteum

<http://www.usna.usda.gov/Information/tram.html#public>

Other inexpensive fitness ideas: Work out at home, while watching television Work out at a gym close to your job

Your Comments

READ REACTIONS TO THIS STORY

Add a comment *(max 2000 characters)*

Submit

Most Commented

Dunbar Team Forfeited
WUSA9.com

WUSA9.com | Washi
WUSA9.com

Prince George's Wo
WUSA9.com

Hybrid Trumps Han
WUSA9.com

Dunbar Claim of Rac
WUSA9.com

Who's Responsible
WUSA9.com

More Than 400 Truc
WUSA9.com

Hackers Break Into :
WUSA9.com

Children Critical Inju
WUSA9.com

Capital Gains Progr
WUSA9.com

More News Headli

ADS BY PULSE 360

Find Homes for Sale i
Free, Custom Photo Ei
Price Range
www.JustListed.com

A good Credit Score
Do You Know Yours? (t
www.FreeCreditReport

Free Auto Insurance
One click can save you
today
www.nationalcarinsuranc



[Home](#) | [News](#) | [Weather](#) | [Traffic](#) | [Sports](#) | [Video](#) | [Features](#) | [Community](#) | [Tools](#) | [Metromix](#) | [MomsLikeMe](#) | [OurTime](#) | [About Us](#)

[Terms of Service](#) | [EEO](#) | [Privacy Policy](#) | [Contact Us](#) | [About Us](#) | [Jobs](#)

WUSA's DTV Public Files (FCC 388)

Copyright ©2008 WUSA9.com. All rights reserved. Users of this site agree to the [Terms of Service](#) and [Privacy Policy](#) /

As Seen On **WUSA 9.COM**

Presented By **A NEW ME**
Medical Interviews

[Click Here To Watch](#)

Your Source For Medical Information From This Area's Top Doctors

