

# The Best Exercise Activities in Arizona

Written by AZFoothills.com

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Arizona is a beautiful, varied state with some of the hottest days out of the year in the United States. There is a lot of sunshine in Arizona, making it a great place to spend time outdoors. When it comes to exercising, there are plenty of fun activities and ways to work out in Arizona. Whether you want to spend time outdoors or want to escape the heat inside, the state has it all. Here are the best exercise activities in Arizona.

## Go for a Hike

Arizona is full of amazing places to hike. There are so many trails and options to get out into the wilderness. Whether you want to hike in Sedona or take a trip down into the Grand Canyon, there are endless options for outdoor trekking. Hiking isn't just amazing because you can take in beautiful vistas, it's one of the best ways to lose weight, build muscle, and tone your body. Hiking can be done just about any time of year in Arizona. If you like to be outside but can't get motivated to work out, going on a hike is a great way to inspire you. A great pastime in Arizona is to hit the trails!

## Find a Place to Swim

If you want to get out of the heat and exercise at the same time, you can go swimming. Work on your [swimsuit body](#) while wearing one. Arizona has more swimming pools per capita than just about any other state. It's not surprising, Arizona is hot. When you don't have a swimming pool, you could probably find a friend who has one. You could also go swimming in a recreational pool.

There are a couple of natural places to swim, but with so many swimming pools, taking advantage of the clean water is a great idea. When you find a place to swim, you can get out of the Arizona heat and enjoy yourself. Swimming is one of the best ways to exercise. You build muscle and tone your body with the resistance of the water. You also don't sweat in the water. Swimming is a great way to work out in Arizona.

## Start Rock Climbing

Another great way to exercise in Arizona is [rock climbing](#). This is a great sport because you practice inside an air-conditioned place and take your skills outdoors to climb some real rocks. You can climb indoors or outdoors. When the weather is oppressive and you don't want to be out in the heat, you can find a place to climb inside, but when you want to connect with nature and be out in it you will have the chance to do so. Rock climbing is a sport that requires you to be lean and fit. As you get more and more into it, you will be motivated to exercise in all sorts of ways.

## Join a Gym

Of course, there is always the option to join a gym. When you want to work out and don't have the inspiration, the gym will force you to get stuff done. You will have all the equipment at your disposal. You will also have the air conditioning and amenities. There is usually a pool, a steam room, and a sauna at most gyms. Whether you are looking for [gyms in Tucson](#) or Flagstaff, there are plenty of options around the state. Joining a gym is a good idea, especially if you are the type who likes to work out inside. It will give you an oasis to go to when it's hot where you can work out comfortably.

Exercising is harder for some than it is for others. Motivation can be hard to find. When it's hot and uncomfortable, nobody wants to make them sweat more. Luckily, there are plenty of options for people who like to work out outdoors and the people who like to avoid the heat in the gym.

Arizona has it all. With warm weather nearly year-round and no shortage of great things to do, the state is a paradise for those who like to get

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their exercise amongst nature. The above exercise activities are a great place to start, but there are many more options should you want to get some exercise outdoors or in the comfort of a gym.