



Activate Don't Hibernate!



Staying Active During the Winter

- The winter months bring cold weather and shorter days. For many people this means less time for activity. If you make activity a priority and plan ahead you can still get your 30 minutes of moderate physical activity each day.

Be Active During the Day

- Walk at lunch or during work breaks. If it is cold outside, walk inside the building - up and down a few flights of stairs or around the inside perimeter of the building.
- The same is true for cold weekends. Find places to walk indoors like malls or museums.
- At home you can be active indoors. Start your spring cleaning early! Mopping floors, cleaning windows and organizing closets will keep you active and you'll have less to do indoors when spring arrives and you would rather be outside.

Plan Active Weekends

- There are many warm and sunny days in the winter. Use these days to get outside and enjoy the season.
- You are never too old to go outside and make a snowman! Many people enjoy getting outside in the daylight, especially during the winter when we are indoors during most of the daylight hours.
- Consider shoveling your driveway or walkways instead of using a snow blower. Start out small by shoveling a walkway or steps. Be cautious when shoveling heavy wet snow.



Be Prepared

- Wear a hat, mittens and sturdy boots with a good tread. A winter hat helps your body conserve its heat and keep you warm. Dress in layers (long johns, long sleeve shirt, fleece or sweater vest, water/wind proof outer layer).
- Avoid cotton for the first layer, it tends to get wet when you sweat and then will make you feel cold. Wool or synthetics are better for first layers. As you get active you can take off layers and stay comfortable. Then when you finish your activity and start to cool down, put the layers back on to keep you warm.

Track your TV Time

- The average American adult watches between 28-32 hours of TV per week! How much do you watch? Track your TV habits for a week. You may be surprised by how much you watch. Consider converting a half-hour per day of TV time to activity time.

