

HEALTHFUL TIPS

HEALTH AND FITNESS TIPS FOR YOUR ENTIRE FAMILY



Cold temperatures and short daylight hours can make it difficult to find the motivation for exercise. For those who are able to overcome the temptation to cuddle under the blankets longer than necessary, the payoffs are significant. Warming up your core body temperature makes you more comfortable. You may even be able to turn down the thermostat a bit and save some money. Who couldn't use a mood booster during the long winter months?

How about avoiding the extra poundage that often sneaks up over the winter, and gaining sounder sleep and more energy instead?

WE'VE INCLUDED SOME GREAT INDOOR AND OUTDOOR IDEAS TO GET YOU STARTED.

This is a great opportunity to try some new sports, spend quality time with your kids and get into the game of life.

To help entice you from your warm bed or cozy spot on the couch, warm up your workout clothing in the dryer for a few minutes before changing into it. If you are exercising outdoors, spend more time warming muscles up to prevent injury.

▶ WINTER EXERCISES

▶ SHOVEL SNOW

Shoveling snow definitely qualifies as exercise. Dress in layers. As your body heats up, shed layers to stay comfortable. Wear clothing and boots that keep your body dry.

▶ GO SKIING

Cross country skiing is a fun way to enjoy the winter beauty. It doesn't take too long to master the stride. You can often rent skis and boots. Look for groomed trails in parks near you.

▶ GO ICE SKATING

Ice skating is now both an indoor and an outdoor activity. This is a great activity for the entire family. You may also want to try roller skating—available in many communities.

▶ GO SLEDDING

Sledding is a blast for the entire family. From a hill in your yard to a local toboggan run—sledding is great exercise (you have to get back up that hill somehow).

▶ BUILD A SNOWMAN

Get creative and build a snowman, snowwoman or an entire snow family. When is the last time you built a snow fort?

▶ TAKE A CLASS

This is often a less busy time of year and is a great time to try a new fitness class like yoga, kickboxing or

Pilates. It is also a great time to learn some stress management techniques such as meditation or relaxation.



▶ WALK INDOORS

Find an indoor walking spot and a walking group to up the accountability factor.

▶ JOIN A GYM

Join a gym or fitness center. They offer many fitness options from classes to swimming to machines to personal trainers. Join with a friend.

▶ USE THE STAIRS

Take the stairs—not just to get to the next floor but as a great leg and butt strengthener. Twenty minutes at a slightly winded pace is a great start.

▶ GET ORGANIZED

Although they're not formal exercise, cleaning, organizing, fixing up and painting get you off the couch and moving. Having a clean, organized place to live is a nice byproduct.

