

Maintain Don't Gain: Staying Active In Winter

Embrace the season and determine how you will stay on track with your fitness goals and prevent holiday weight gain

Fun Outdoor Activities

- Keep it fun and make it a family affair.** Building a snowman, going sledding, making snow angels, taking a nature hike, or visiting the zoo are fun ways to get active and burn calories without it feeling like a workout.
- Try a winter sport.** There are great options to keep you on track with your fitness goals from snowshoeing to ice skating to skiing. These can burn up major calories!
- Ramp it up.** Create your own outdoor boot camp. Make steps and benches out of snow and make snow balls and blocks for lifting.
- Business as usual.** If you like your usual routine of outdoor walking or running, then getting the right gear can make all the difference to keep you on track. Dressing correctly for the temperatures is a must, so layers are the way to go. It is also important to wear a reflective vest and carry a phone for safety.
- Resources.** Check with your local recreation department or website for upcoming winter activities, equipment rentals and more.

Move it Indoors

- Technology is your friend.** Interactive games such as Wii, Xbox Kinect, and Playstation Move all offer many fun fitness options. Consider checking out a workout DVD from the library, streaming a fitness or dance video on your computer, or using a fitness app on your phone.
- Circuit time.** With simply a straight chair, create a strength and cardio circuit. Include squats, push-ups, hops and jogging in place. Alternate a strength exercise with 15 to 60 seconds of movement.
- What else?** Check at your local high school to see if they offer hours of availability to walk the corridors or use the swimming pool. Sign up for an activity class with your recreation department. Walk at the mall. Check for daily or short term memberships at a local fitness center.

✓ Set a S.M.A.R.T Goal:

Specific: Be specific with details about how and when.

Measurable: Identifies when success is obtained.

Action-based: Behaviors or actions being done on a consistent basis are crucial.

Realistic: If the goal is realistic, success will follow.

Timeline: Specify timeframe in which to accomplish goal.

