



## CREATE AN ACTIVE WINTER

# Being Fit in the Winter

### It can be challenging to be active in the winter months.

It may be cold and snowy. There is less sunlight and it gets dark early. For some people, poor air-quality may keep them indoors. It can require a bit of creativity to maintain or begin an active lifestyle this time of year. Below are some tips that can help you be active this winter.



### Embrace the season

There are many ways to be active in the winter with minimal equipment. Make sure to dress in appropriate clothes for the weather conditions.

- Go for a walk outside during lunch or an afternoon break.
- If there is snow, go sledding. You'll get a great workout pulling the sled up the hill and get to spend time having fun! Snowshoeing and ice skating are great options too.<sup>1</sup>
- Enjoy the beauty of the nature and go for a hike. Be safe by checking conditions before you go. Some of Utah's outdoor recreation attractions are easier to access during the off-season.



### Warm-up indoors

There are a lot of great options for being active inside in the winter.

#### Home

- No gym? No problem. There are many effective exercises you can do with just your body and items that you have at home (plank, push-ups, crunch, wall sit, arm circles, and lunges).
- Workout to a yoga, dance or other exercise video. Find some online or check one out from a local library for free.
- Household chores can be part of being active. Multi-task by being active as you clean, organize and care for your home. Consider setting a timer to see how fast you can do different tasks.<sup>1</sup>

#### Around Town

- Take a few laps around the mall or grocery store. You can go with just a few dollars in cash to help avoid making unplanned purchases. If you are shopping for just a few small items, carry a basket instead of pushing a cart.
- Check out community events and classes. There may be free classes at a local school, church, or civic center.
- Take the stairs instead of an elevator or escalator.
- Explore a museum or historical building.



## Make it social

Including family and friends in physical activities is a great use of time and can make being active fun.

- Create a fitness club with friends. Each friend can take a turn choosing the workout of the day when you get together.
- Share your fitness goals with a friend. Consider ways that you can support one another in your goals.
- Playtime is a great time for physical activity. Games like Simon Says and Follow the Leader are fun and can get you moving.
- Make it a date! Instead of going to a movie, consider going for a walk, dancing, or ice skating.



## Keep it fun

It is hard to do something that you don't enjoy.

- Find what activities make you happy and that you look forward to doing.
- Make it an adventure by trying out something new.
- Associate the physical activity with something you do enjoy like listening to music or an audiobook, or catching up with a friend.



If it has been a while since you have been regularly active, remember to start out by gradually adding more physical activity to your day. Every extra bout of activity contributes to an active and healthy lifestyle. It all adds up! It is recommended that you consult with your healthcare provider to help you determine what physical activity goals are appropriate for you.<sup>2</sup>

### Source:

<sup>1</sup> Buy Eat Live Better. (2018). Physical Activity: What You Need to Know. Montana State University Extension. Retrieved from [https://buyeatlivebetter.org/main\\_documents/factsheets/factsheet%20physical%20activity.pdf](https://buyeatlivebetter.org/main_documents/factsheets/factsheet%20physical%20activity.pdf)

<sup>2</sup> U.S. Department of Health and Human Services. (2018). Physical Activity Guidelines for Americans, 2nd edition. U.S. Department of Health and Human Services: Washington, DC. Retrieved from [https://health.gov/paguidelines/second-edition/pdf/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf](https://health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf)

EXTENSION   
UtahStateUniversity

FOOD   
\$ENSE SNAP-ED

CreateBetterHealth.usu.edu