



Tips to Stay Active During the Cold Winter Months

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Brrrrrr! As the temperatures drop and night falls early, it is tempting to hibernate. The cold weather, combined with social distancing, can make it even harder to stay active. Staying active year-round can contribute to better physical and mental health. Regular exercise can reduce your risk for type 2 diabetes and heart disease and can even improve your sleep.

Here are some tips to stay more active during the winter:

1. Find an exercise buddy. Encourage each other to stay motivated and use your time together for social interaction, too. Get creative and make it fun!
2. Check out the THRIVE! Website at www.thriveslc.org for tips to stay active in Lorain County, as well as listings of free online exercise classes for children, adults and seniors. For kids' workouts, go to <http://www.thriveslc.org/kids-online-workouts.html>; for adults and seniors, go to <http://www.thriveslc.org/adults--seniors-online-workouts.html>.
3. Many American households have home exercise equipment. If you have a stationary bike, dust it off and use it!
4. Many local communities offer indoor walking at a local school or community center (like the Town Hall Gymnasium in Wellington).
5. Make sure to wear the proper clothes to keep warm while exercising outdoors. Reduce any obstacles to exercise by keeping your hat, gloves, and boots in a designated place.
6. Don't forget that your four-legged family member needs to stay active, too! Put traction cleats on the bottom of your boots to prevent slipping when walking in icy or snowy conditions.

7. Make outdoor exercise fun with your kids. Go sledding, rent snowshoes, or go for a winter hike together.

Remember that even small periods of activity can clear your mind and contribute to your physical health. Set small goals and have fun, too!