

## Get Moving this Winter!

When the temperature turns chilly many of us need an extra push to get outside and get moving. Winter can be an excellent time to try seasonal activities and adopt a new, healthier lifestyle. Below you will find tips to help you jump over your exercise hurdles this winter.

### **I don't have the energy**

The more you exercise, the greater your energy. On days when you feel tired, try exercising for 10 minutes or more. Even a small amount of exercise will help you feel more alert.



### **I don't have the time**

Giving up one of your waking hours to lead an active lifestyle is an investment that we all should be making each day. You can exercise for any amount of time that fits into your schedule, but aim for a total of 60 minutes each day. Try going for a 15 minute walk at lunch, or giving up 30 minutes of your T.V. time to get moving. Keep in mind that exercise can boost energy so you can do more with your time in general.

### **I feel uncomfortable exercising in public**

Consider your interests and comfort level when choosing activities. Try private options, such as in-home videos, exercise machines or walking in your neighborhood, instead of going to a gym. Ultimately, improved fitness can help boost your self-confidence.

### **It's boring**

Try joining an exercise class or walking group, or working out with a buddy. Do something fun, like adult dance classes, skating or tennis. The more fun and interaction you have the greater the chance that you will maintain your healthy activity.

### **I don't know how to start**

Start at your school! Get active this winter with your students. Organize a winter walk to school, take your students outside to learn about science, or participate in winter activities like skating, skiing, snow-shoeing or sliding. For more winter activity suggestions check out the following websites:

[www.gohealthy.ca](http://www.gohealthy.ca)

[www.paguide.com](http://www.paguide.com)

[www.participation.com](http://www.participation.com)

[www.taketheroofoffwinter.ca](http://www.taketheroofoffwinter.ca)

[www.winteractive.org](http://www.winteractive.org)

