

Keeping Fit in Winter Weather



The days are shorter, the weather is colder and your exercise routine is slowly starting to suffer. But bad weather does *not* have to mean bad fitness. The winter is a great time to get creative with your workouts, trying new activities and finding alternative ways to incorporate movement into your day. Consider the following cold-weather exercise suggestions:

On the (snowy) road—When traveling, especially during winter months, a jump rope can be your best friend. Easy to pack and simple to use, jump ropes can be used in your hotel room. Also, take advantage of free hotel gym facilities—they are a great opportunity to try new machines. Stuck at the airport? Walk up and down the terminal while you wait.

“Window shop” till you drop—Mall walking is a great winter exercise option. Find a friend and trek through your local mall, but make sure to avoid temptations such as sweet stands and fast food vendors.

Hidden workouts—Cleaning the house, taking the stairs rather than the elevator, or keeping a pair of resistance bands at your desk can be ways to sneak exercise into your day.

Off-season gym deals—Many health clubs offer discounts in the winter when membership drops off. Indoor gyms are climate controlled, offer fun and supportive classes and other amenities, such as hot tubs or saunas, to lessen your winter chill!

Home sweet home—For those who really don’t want to leave the house, exercise videos are a cheap alternative. Try a few to see which video works best for you. You may invest in a treadmill, elliptical machine or stationary bike. Or, try cost-free strengthening activities such as push-ups, sit-ups and heel raises on stairs.

Have fun—Winter sports such as sledding, ice skating, skiing and even building snowmen can be great exercise. Just dress appropriately (in layers), wear sunscreen (UV rays reflected off the snow are especially strong) and stay hydrated by drinking plenty of water. When participating in more extreme winter sports, such as skiing or snowboarding, stick to your skill level to stay safe while having fun.

Remember, before starting any exercise regimen, it is important to talk to us to create a winter workout that is right for you!