



WELLNESS TIPS

# BEAT THE WINTER BLUES



## TIPS FOR GETTING OUTSIDE

Here are a few suggestions to get you going:

*By being active and just getting up and doing something can help with beating the winter blues. Exercise is a proven fighter in beating those winter blues.*

*So for those of us who aren't athletes, how do we make exercise possible, fun, and interesting enough so we actually put down the remote and do something?*

- **Walking:** Even a quick 10 minutes round the block helps – Be sure you don't stroll, get those feet moving!
- **Hiking:** If you can, get out somewhere different—weather permitting. It's surprising how far you might move—count those steps. If you have snowshoes, dust them off and see what trails you can find.
- **Dancing:** Yep, get up, put on some tunes, and move it!
- **Snowshoveling:** We're all getting more practice in the next month or so – remember to bend with your knees and avoid twisting.
- **Video Games:** It has to be the right kind though— those games that you can play on your feet—think WiiSports or Dance, Dance Revolution.
- **Sledding:** Take the kids (or just the adults if you prefer) and find a hill—running up for the next slide down can burn some calories, and it's fun too!
- **Community Ice Rinks:** Make sure to check out the local rules in your community for maximum capacity and social distancing. Then lace up and if you do fall, try to fall on your bottom, not your hands.
- **Cleaning:** You have to do it anyway. Be sure to use that extra elbow grease and make it into a workout. Put on some tunes and get your heart rate up.

The most important thing is to keep moving; even if it's cold outside, bundle up and get going!