

# Staying Active During Winter

Winter can be a difficult time to get out and stay active. With exercise being important to good health, here are some ideas to keep you active during the colder months of the year.

**ATTENTION**  
NO MATTER WHAT YOU DO,  
BE SAFE & HAVE FUN



## KEY

Price of Activity



Temperature of Activity



Calories Burned/ per hour\*

\*Keep in mind that all information about calories burned is based on estimates. Calories burned varies by age, sex, weight, body type, and lifestyle.

Don't forget to wear appropriate clothing items



ACTIVITY

COST  
CALORIES

DETAILS

### SKIING & SNOW-BOARDING



300 - 600

If you're from a warm state, you might want to consider taking a ski or snowboard trip to experience a fun winter wonderland.

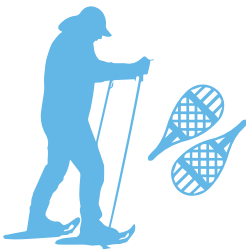
### SLEDDING & SNOW TUBING



300 - 400

Sledding and snow tubing are family favorites for adults and kids alike. All you need is warm, waterproof clothing and a couple of sleds to enjoy this exhilarating activity.

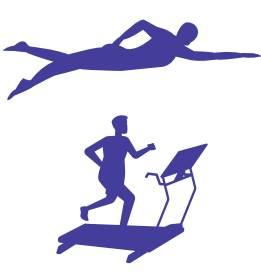
### SNOWSHOEING



800 - 1000

Many snowshoeing trails are free to use, and it is a great way to explore the outdoors.

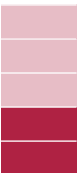
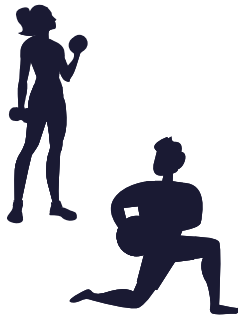
### SWIMMING OR REC-CENTER ACTIVITIES



430 - 575

Swimming laps is a great low-impact cardio workout with very little risk of injury. Check your local Recreation Center, to see if they offer indoor sports like racquetball, basketball, or volleyball as well.

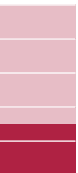
### INDOOR EXERCISING



200 - 400

Taking a couple minutes out of your day to do some quick exercise can help improve focus and mood, as well as productivity. Some indoor exercises could include push-ups, lunges, or lifting weights.

### WALKING



210 - 360

Going for a walk can release endorphins which helps release stress and improve your mood. Walking aids in fat burning and is appropriate for almost any fitness level.

### TRAVELING TO A WARMER PLACE



Varies by activity

If you live in a cold area during winter, consider planning a vacation to a warmer winter location for golf, hiking, biking and soaking up the sun.

COLDER



WARMER



Whatever activities you choose to try this winter, the most important thing is to stay active.

