

## Staying Active in Fall and Winter

As it gets colder outside and the daylight hours become shorter, it will be hard to fight the urge to just stay inside, snuggled up by a fire, watching TV or reading a book. Although it is tempting to hibernate as the days shorten and turn colder, you will feel better and have more energy if you stick to your fitness goals. The colder months are a perfect time to wrap up in warm clothes and find an adventure in the crisp invigorating air. Another benefit of winter workouts is greater calorie burn because your body has to work harder to stay warm.

If you enjoy walking or running outside, don't allow the cold weather to stop you. You will need to make a few adjustments as the temperature drops. First, dress warmly in layers making sure to cover your head, hands and feet. Second, wear shoes that provide a good grip and reflective strips to ensure that you are easy to see. Third, to avoid injury, do warm up exercises prior to your workout; it takes the body a little longer to warm up in the winter.

You also can get your exercise in by going out to play. Enjoy the winter wonderland by starting a snowball fight, building a snowman, going sledding, snowshoeing, cross-country skiing, downhill skiing, snowboarding or ice skating. The best part about these activities is that they don't feel like exercise.

Another option: Battle the cold weather excuses by exploring new methods of indoor exercise. Walk at the mall, swim laps in an indoor pool or join an exercise class or an indoor sports team. Or work out at home, where it is comfortable, warm and cozy. You can invest in a few pieces of fitness equipment, fitness DVDs or simply use your own body weight to achieve a high calorie burning workout.

### Additional Information

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