Exercising During the Cold Months

Do you struggle to remain active during the cold winter months?

Looking for something to keep you moving despite the change in season?

Exercising during the winter poses a challenge for many people. The decrease in temperature means that we have to move our activities from outside to inside. Look at the change in seasons as an opportunity to switch up your current exercise routine or a chance to try something new.

Get a Pedometer! Tracking the number of steps you take each day can be a great motivator. Pedometers can be purchased at most sporting goods stores. Determine how many steps you take on an average day and slowly increase from there.

Recruit a Partner. Exercising with a friend or family member is a great time to catch up and keeps you motivated. You are less likely to skip your exercise if someone is waiting for you.

Join a walking group/club. Local malls are great places to walk when there is inclement weather. Keep your mind off exercise with some window shopping and you never know what deals you might find!

Workout at Home! Exercise in the comfort of your own home with or without equipment. Using the commercials of your favorite television show to walk in place or to walk up/down the stairs will provide you with 15-20 minutes of physical activity for one 60 minute show. If you are interested in stocking up your home with some exercise equipment, purchasing light hand weights, exercise bands, or a fit ball is a great place to start and take up very little space!