



MHealthy Physical Activity:

# EXERCISING DURING 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.

### **USE A FITNESS DEVICE OR APP.**

The accuracy is ever-improving as the technology improves on fitness apps and devices. Most of the systems can access length of time of exercise, intensity, distance, etc. Use the app or device for a week before changing your exercise routine (to set a baseline). Then set 3 or 6 month goals for increasing activity and go 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.

### **GET AN ACCOUNTABILITY BUDDY.**

An accountability buddy is someone to whom you tell your fitness goals. Then you “give permission” for that person to continue to ask you - in a positive way - about them. You’d be amazed at how much that will help you stay on track to achieving your goals!

### **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! Ask MHealthy for our on-line fitness instruction booklets for muscular fitness and flexibility.