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MCHD HEALTH BLOG

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MORGAN COUNTY HEALTH DEPT.



WINTER PHYSICAL ACTIVITIES

Do your New Year's resolutions include being more physically active? Are you curious about how you can get your body moving even though the summer months are far away? Despite the cold days and fewer daylight hours, being active should be a priority in everyone's routine.

According to the CDC, regular physical activity helps you sleep better, reduce anxiety, maintain or lose weight, and may even lower your risk of type 2 diabetes and cancer. Experts recommend that most people get at least 150 minutes of exercise every week – that's 5 days a week for 30 minutes per day. Check with your doctor before starting a new exercise routine.

Don't know where to start? Here are some tips from the CDC about how to make physical activity more fun in these winter months!

- Take nature walks – take a stroll around a neighborhood or park. Look out for any interesting wildlife or plants!
- Monitor the weather and plan ahead – sometimes the winter weather can be unpredictable. Dress in layers to keep warm and make sure you check the forecast before heading out.
- Workout online – consider tuning in to a show or free online video that guides you through different exercises. Ideas include dance, yoga, strength building and more!
- Finally get around to those chores – did you know household chores, such as vacuuming, cleaning, and sweeping, count as physical activity? When it's too cold to go outside, this is a great way to stay healthy and knock some things off your to-do list! Turn up your favorite music to make the time more fun and kid-friendly.
- Volunteer in active ways – help others while helping yourself! Some ideas include shoveling snow or walking dogs for your senior neighbors.

Just because it's cold and gray outside doesn't mean you can't be physically active this winter. Take time to plan out what kind of activities you want to do throughout the week. Set goals for yourself and ask a friend or two to join you. Most of all, have fun and be safe!