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MCHD HEALTH BLOG

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MORGAN COUNTY HEALTH DEPT.



WINTER ACTIVITY TIPS

In the cold winter months with fewer daylight hours, it can be difficult to find the motivation to engage in physical activity. However, the amazing benefits of getting exercise don't just stop in the winter. According to the Centers for Disease Control and Prevention (CDC), regular physical activity can help 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.

The good news is that there are lots of fun ways to move your body, even during the winter. Here are some tips from the CDC about how to make physical activity more fun during this season! We've even added a few local tips of our own.

1. Take nature walks – take a stroll around a neighborhood or park. Check out Burr Oak's trails or explore Jesse Owens State Park. Look out for any interesting wildlife that may not be as visible during the summertime!
2. 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.
3. Workout online – consider tuning in to a TV or free online class that guides you through different exercises. Ideas include dance, yoga, strength building and more! No internet or cable? Ask your local librarian what videos they have that you can check out.
4. Check out the Kate Love Simpson's library schedule for weekly gentle yoga classes.
5. Finally get around to those chores and house projects. 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 fly by.
6. 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. Visit www.health.gov/moveyourway to learn about more fun activities you can do to get fit 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!