



STAYING ACTIVE DURING THE WINTER

It is important to stay active throughout the entire year, here are some tips to stay active during winter:

1. Go for a nature walk!

Explore your city or find some nearby trails to hike. Some great ideas are walking around Wascana Lake, Cypress Hills, or the Wascana Valley Trails! Make sure to plan for the weather and wear layers.

2. Do some outdoor chores.

A great way to stay active is shoveling snow. Offer to help out a neighbor by shoveling their driveway or sidewalk.

3. Complete an online YouTube workout!

Check out our YouTube account to find numerous workout videos that you can follow along with! All our videos are minimal equipment and can be done in the comfort of your house.

4. Enjoy some winter activities!

Enjoy the snow by building a quinzhee or snow people or go tobogganing! Head to your local rink to go for a skate or join a recreation curling league! Or plan a day trip to Fort-Qu'Appelle to try snowboarding or skiing.

5. Catch up on your indoor chores.

When bad weather keeps you from going outside, look for ways to stay active inside. Housework such as vacuuming, sweeping, and cleaning all count towards your physical activity goals. And you'll knock out some items on your to-do list while gaining health benefits. Walking or running up and down stairs in your home can be a great workout, too.

