

# Winter Workout Wellness

## *Keep fit in the cold*

Winter weather making you want to stay inside and sip hot cocoa? Go ahead-after you've exercised! Here are two reasons to keep fit in the winter months:

1. Staying active helps beat the cold weather blues.
2. Moving around keeps you warm.

There are many fun ways to stay active in the season of short days.

### **Indoors ...**

- Walking at the mall or school halls
- Indoor roller or ice skating
- Bowling
- Parks and rec. classes in aerobics, yoga, tae kwon do, or other activities
- YMCA membership for access to exercise equipment, indoor pools, and leagues for basketball, volleyball, and other activities

### **... and Out**

- Downhill skiing
- Cross-country skiing
- Snowboarding
- Sledding
- Ice skating
- Winter hiking

