

Winter Activity – How to Stay Active in the Winter!

We all tend to want to curl up on the couch under a warm blanket in the colder months. While being a couch-potato is fine occasionally, it's important not to let your fitness and activity levels drop. Staying active in the winter can be fun and there are ways of staying active indoors if the snow and cold aren't your thing. Consult your doctor on the best ways for you to stay active during the winter months.

Outdoor Activities:

- Take a walk in the mall. It's easy to forget that walking is an excellent form of exercise, and with the holidays coming up, most of us are at the mall anyways. And with that in mind, try parking a little further from the entrances. It'll add a few steps of exercise when you walk from your car to the front door, and you might even run if it's cold enough!
- Go for a brisk walk or hike. New York has some beautiful trails, always worth exploring. Thatcher Park is great and you can even bring your dog, who probably could use the exercise as well.
- Jogging or running. Just make sure to stay safe while running. Wear the proper gear and make sure to watch out for ice or slippery patches.
- Shoveling snow. In the Capital Region, we're all used to some snowfall. Might as well get some handy exercising out of it.
- Ice skating. It's not just for the professionals! Bring a group of family and friends and have fun while staying active.
- Sledding, cross-country skiing, snowshoeing. Not only is being in nature great for relieving stress, it's a fun form of exercise when you have the proper gear. So, grab that trash can lid and head to your nearest snowy hill.

Indoor Activities:

- Home workout circuit. This can be as easy as looking up a tutorial on youtube.com, or checking out an exercise video from your local library. Working out be done comfortably within your own home.
- Dancing. Put some music on and have a blast. Just let loose! Have some friends and family over for a dance party.
- Household chores. You're already doing them, might as well recognize they can be a work out as well! Put some muscle in your sweeping and dusting.
- Bowling and Roller Skating. Bring a whole group, sling on those shoes and get to moving.
- Yoga. This can be a class at the local gym or studio, or can even be done in your own home. Youtube.com is a great resource for finding yoga videos for every level.
- Stair Climbing. If you live in an apartment or have a two-story house, chances are, you're already climbing stairs. Kick it up a notch and walk up and down the stairs at a steady pace a few times to really get the feel of the exercise.

Safety:

- Check with your doctor first and foremost. Your doctor will know how you best should proceed with exercising in the winter safely.
- Stay hydrated. If you are breaking a sweat, then it's important to replenish your body with water. In cooler weathers, the air can get dry, and water can help eliminate dryness.

- Wear appropriate layers. If you are spending time outside, it's important to bundle up, but you don't want to overheat. Layers offer the protection from the cold, but allow you to shed them as your body warms up.

Community Care Physicians:

If you need to consult a doctor about staying active in the winter, Community Care Physician's Concierge Care Coordinator would be more than happy to connect you with a provider. Call (518) 782-3800.

Capital Region Winter Activities:

If you're in need of a good winter activity or exercise in the Capital Region, here's a handy link from Albany.com.

Sources:

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<https://www.heart.org/en/healthy-living/fitness/getting-active/how-to-stay-active-in-cold-weather>

<https://health.gov/news/blog/2014/02/four-tips-for-staying-active-in-winter/>

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