

Q. How can I stay active during the winter months?

A. If you live in a cold climate, winter months can interfere with outdoor exercise.

If you are young and healthy, learn to enjoy winter sports, such as ice skating, cross country or downhill skiing, or snow shoeing on the weekends.

- ▶ Dress in rubber boots and rain gear and splash through puddles.
- ▶ To walk briskly or jog outdoors, simply dress warmly – using a layer system – with an outer windbreaker and a hat, scarf, and gloves if necessary to protect against wind or rain.

You should have no problem staying warm outside while exercising unless it is bitter cold or windy. In that case, look for indoor options:

- ▶ A stationary bicycle, treadmill, or stair stepper



Winter Activities

- ▶ Go swimming in an indoor pool.
- ▶ If you like to exercise to music, put on an exercise video and exercise with the video instructor.
 - ▶ Play your own music CDs and do bench stepping, stair climbing, or rope skipping in your own home.
- ▶ Go walking in an indoor shopping mall.
 - ▶ Buy a few dumbbells and an exercise mat and do Pilates, weight training, and strengthening exercises such as curl-ups, push-ups, leg raisers, and knee bends.
- ▶ Invite your spouse or a friend to join you.

