



# Surviving the Canadian Winter

## Proper Clothing

- Bundle up!
- 1) Base Layer
    - long sleeve/t-shirt
  - 2) Mid Layer
    - sweater
  - 3) Outerwear
    - jacket
    - waterproof and warm
    - best if down-filled
- Remember scarf, hat, and mittens!



## Boots

- Best if lined and waterproof
- Make sure the sole has good grip

## Shovelling

- stretch before you start shovelling
- shovel early and more often
- push the snow rather than lift
- do not throw snow over your shoulder



## Eating Right

- hot foods
- keep your carbs up (pasta, rice, potatoes)
- eat lots of vegetables
- citrus fruits can add sunshine to the winter



## Emotional Health

- don't let the weather get you down
- get outside and play
- soak up as much sunshine as you can
- focus on the positive things of winter
- connect with friends

## Winter Activities

- running
- skating
- tobogganing
- cross-country skiing
- dress warmly!

