

# HAPPY HEALTHY HOLIDAYS

## WEEK 2: DON'T FORGET TO SWEAT

Don't let the cold or the festivities stop you from being active! There are ways to exercise during the holidays – it is important to stay active! The winter brings many new activities that can replace or add to your regular exercise routine!

**If you plan to stay active outside, remember to dress appropriately:**

### STAY WARM AND DRY.

#### Upper:

- 1) Base layer
  - Helps to keep moisture away from skin
  - Tight fitting, wicking material
  - E.g. silk, polyester, thermax, thinsulate
- 2) Mid layer
  - Looser than base layer, but it needs to maintain contact with base layer
  - E.g. down, polyester, fleece, wool
- 3) Outer layer
  - Helps to block wind, repel snow, and allows moisture to escape
  - E.g. gore-tex

#### Lower:

- Warm running tights to help insulate legs
- Snow pants if needed

**Remember to protect your hats, headbands, gloves, and feet! Watch out for frostbite.**



Source: VeryWell, MayoClinic, RunnersWorld

### 5 Ways to Stay Active During Winter:

- 1) Find a fun activity
- 2) Workout in daylight hours
- 3) Stay hydrated – it may be harder to perceive thirst
- 4) Go out and *play*
- 5) If you're stuck indoors, get a head start on spring cleaning



### Outdoor Activities:

- Running
- Skating – lots of public skating rinks are open and have affordable rentals
- Tobogganing
- Skiing or snowboarding
- Cross-country skiing – many provincial parks offer cross-country skiing (cheaper than going to a ski resort)
- Snowshoeing
- Winter hikes
- Curling
- Biking with a fat-tyre bike
- Joining a community gym