

## **Staying active during winter when it is too cold and rainy to get outside.**

In Texas we are fortunate to have winter days when we can get out and exercise. However, when it is cold and damp outside the lure of snuggling under a blanket and reading, watching TV or napping is hard to resist. We all need rest, but too much time with our feet up is not good for the body or the mind, even when it is cold outside.

Your health doesn't get time off during winter months. Staying active can help you maintain a healthy weight, help your blood pressure, and keep your blood sugar levels in normal range. Also being active is important for mental health and well-being. Regular exercise may also protect your body from injury.

When conditions are wet and icy, the risks of slips and falls increase. Research shows the more you can maintain your core strength, the less likely you are to fall and the less extensive your injuries are likely to be if you fall.

Maintaining fitness year around has many benefits. Staying active when it is cold can be a challenge. Here are some tips that come from MultiCare that can keep you motivated and your body active when you are unable to get out due to the weather.

**Have a plan.** Exercise is often not a priority when it is cold. Have a specific time that you are going to exercise, what you are going to do and what you need to do it. It maybe having the right equipment or clothing or time to exercise.

**Make it fun.** Exercise should not be a chore. Keep trying new activities until you find ones you like and switch them up, so you don't get bored. That may include doing something you like such yoga in your living room or simply listening to music and dancing.

**Set goals.** Having a fitness goal can help you stay motivated. It must be short-term, achievable goals, that can be useful for keeping on track for meeting a more long-term goal. For example, maybe your goal is to exercise for five more minutes or do one more bicep curl that you did the day before.

**Have an exercise buddy.** Having a friend or family member to hold you accountable to your workout plan is helpful. This can be someone you exercise with or someone that you check in a few times a week about what you are accomplishing and how you are doing.

There are many things that you can do to exercise indoors. You can stream exercise classes. YMCA 360 has online classes. There are other classes online such as Zumba, Tai Chi, and other classes that you can do.

You can incorporate everyday activities into exercise, and you don't need special equipment. Such as doing lunges up and down the hall walk. Make a walking path in your

home. When you are sitting or at your desk working set a timer and get up every 30 to 60 minutes to move around.