

... FOR THE HEALTH AND WELL-BEING OF YOU AND YOUR FAMILY

**FAMILY ACTIVITIES FOR THE WINTER**

## STAY ACTIVE THROUGH THE WINTER

Although it's cold outside, it is just as important to stay active during the winter months as it is during summer months. Some of the benefits of staying active are:





- Strengthened immune system
- Increased quality of sleep
- Reduced stress
- Elevated mood
- Increased capacity to lose or maintain weight



## STAYING WARM, STAYING WELL

- **Bundle Up!** Wearing something to cover your head is especially important, as 30 to 40 percent of your body heat is lost through it.
- **Dress in Layers.** Try to select clothes that can be easily removed as your body temperature heats up or cools down. It is better to be over-prepared, rather than under-prepared!
- **Stay Dry.** Wear synthetic material, such as polypropylene, to draw sweat away from the body. Avoid cotton, which will stay wet next to the skin.

## MAKE IT FUN!

-  Play a game with the whole family. Games, such as hide and seek or musical chairs, are a great way to burn calories, have fun, and enjoy family time!
-  Dancing is a great way to stay active. The freeze game involves playing music while the whole family dances. The first one to freeze when the music stops wins.
-  Cleaning the house does not have to be drudgery. Make it fun or competitive (e.g. the first one to finish cleaning will get a reward).
-  Bodyweight exercise, such as pushups, squats, and sit-ups, can be fun for the whole family. The first one to reach 100 total reps of all three exercises wins!

## *Coach's Quick Take*

**Q:** Are you more likely to become dehydrated during the summer or the winter?

**A:** Both – just like in the summer, weather conditions and seasonal activities can cause dehydration. Cold dry air, wind chill, sweating, and even shivering all contribute to dehydration during the winter months.

## THINK OUTSIDE THE...COUCH

When cold, snowy, icy weather comes your way, resist the urge to ‘hibernate.’ Winter offers lots of opportunities for fun, family fitness, so put on those mittens and get outdoors!

### WINTER ACTIVITIES

OUTSIDE	INSIDE	FIT TRIPS
<p><b>Blade Runners:</b> These winter classics can be enjoyed indoors or out, depending on your local facilities.</p> <ul style="list-style-type: none"> <li>• Ice Skating</li> <li>• Hockey</li> <li>• Tobogganing</li> </ul> <p><b>Feet Movers:</b></p> <ul style="list-style-type: none"> <li>• Skiing</li> <li>• Winter Hiking</li> <li>• Family Snowball War</li> </ul>	<p><b>Family Circus:</b> Your family doesn’t need to go outside to burn off excess calories if you’re snowbound.</p> <ul style="list-style-type: none"> <li>• Indoor Obstacle Course</li> <li>• Family Game Night</li> <li>• Treasure Hunt</li> </ul> <p><b>Getting Fit:</b></p> <ul style="list-style-type: none"> <li>• Walk the Stairs</li> <li>• Wii Fit</li> <li>• Family Dance Off</li> </ul>	<p>These types of trips focus on being active while spending quality time with your family.</p> <ul style="list-style-type: none"> <li>• Snowboarding &amp; Skiing</li> <li>• Enrolling in a snow sports school</li> <li>• A wilderness lodge getaway with hiking</li> </ul>



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