

Stay active all winter long

Winter can be a beautiful time to be active, with crisp weather and sun filled days. Unfortunately, with the weather can come cold and uneven ground — all unavoidable things living in Canada.

So— let's talk about what we can do to prepare for the weather:

- Buy slip-on grips for your shoes.
- Use walking poles (Nordic walking poles) and attach picks to the end of them.
- Choose plowed and sanded trails that have coverage to keep the wind off you and lighting when the sun sets early.
- Use your your pedometer to try and maintain the same levels of activity you were achieving in the summer.



SmartRisk suggests that you remember C-O-L-D:

- Cover your head, neck and face.
- Overexertion leads to sweating, which causes damp or wet clothing. So keep things moderate...or make sure you change your clothes immediately after.
- Layer clothing to protect against wind and cold.
- Dry — wear waterproof clothing and insulated, waterproof boots and gloves.

*Also remember — activities like snow shoveling fall in the moderate-to-vigorous range — so be aware of how hard you're working in relation to your fitness level. Don't overdo it, but keep moving to stay warm!

Watch for Winter Walk Day sometime in February each year. It's a great way to challenge yourself and others to get out and get active!



Winter indoor choices

If you aren't quite ready to brave the cold, or are nervous about slipping— here are some indoor choices:

- Aquasize classes — there are classes at all fitness facilities at all times of day. Pick a facility closest to your home, and check out when a class would work for you!
- Mall walking groups often meet in the mornings at malls around the city. It's a safe place to walk without being on the slippery streets.
- Sit and Be Fit TV Show — on at 12:30 p.m. on PBS (Channel 22). A seated or standing workout that can be done in the comfort of your own home!
- Pickleball — yes. Pickleball — check it out at Terwillegar Recreation Centre or South East Edmonton Seniors Association.
- Try borrowing some fitness DVDs from your local library.

For more ideas, check out these resources:

Alberta Centre for Active Living: www.centre4activeliving.ca

UWalk for motivation to keep your step count up: www.uwalk.ca

City of Edmonton Aquasize class listings:

http://www.edmonton.ca/activities_parks_recreation/drop-in-aquatic-swim-schedules.aspx

