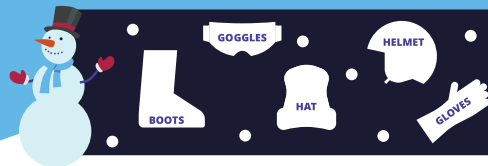


Staying Active During Winter

Don't forget to wear appropriate clothing items



ATTENTION
NO MATTER WHAT YOU DO,
BE SAFE & HAVE FUN



KEY



Price of Activity



Calories Burned per hour*



Temperature of Activity

SKIING & SNOWBOARDING



300 - 600



SLEDDING & SNOW TUBING



300 - 400



SNOWSHOEING



800 - 1000



INDOOR EXERCISING



200 - 400



WALKING



210 - 360



TRAVELING TO A WARMER PLACE



Varies by activity



COLDER

WARMER



*Keep in mind that all information about calories burned is based on estimates. Calories burned varies by age, sex, weight, body type, and lifestyle.

Scan here to view a video about winter activities

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PNC - 13108A



MORE INFORMATION

Winter can be a difficult time to get out and stay active. With exercise being important to good health, here are some ideas to keep you active during the colder months of the year.

If you're from a warm state, you might want to consider taking a ski or snowboard trip to experience a fun winter wonderland. Sledding and snow tubing are family favorites for adults and kids alike. Many snowshoeing trails are free to use, and it is a great way to explore the outdoors. Check your local Recreation Center, to see if they offer indoor sports like swimming, racquetball, basketball, or volleyball as well. Some quick exercises can help improve focus and mood, as well as productivity. These could include push-ups, lunges, or lifting weights. Walking aids in fat burning and is appropriate for almost any fitness level. If you live in a cold area during winter, consider planning a vacation to a warmer winter location for golf, hiking, biking and soaking up the sun.