



Tips for Staying Active in Winter Months

- Set your goals: make them specific and measurable.
- Shift exercise to indoor options. Workout at your local gym, or join a new class.
- Workout at home. Find a workout video that fits your fitness level.
- Look for physical activities around the house. Shoveling snow, household chores, DIY projects or more!
- Go shopping! Indoor malls or large stores can help you get your steps in.
- Manage your calories, especially when dining out or ordering in.
- No excuses. Commit to your own health.