



Winter-Proof Your Workout

Tips for Cold Weather Motivation





Today's Session

- Importance of exercise
- Exercise recommendations
- Barriers to activity & solutions
- Active holiday season
- Winter preparation
- Seasonal Affective Disorder
- Resources





Physical Activity Benefits

- Exercise gears up your immune system to fend off colds and flu
- It's the best gift to yourself, in the form of disease and cancer prevention
- It can lead to a longer life expectancy and more independent life
- Weight maintenance & improvement
- Promotes strong bones, joints, and muscles





Physical Activity Benefits

- Reduced risk of high blood pressure
- Helps prevent and control diabetes
- It's a healthy outlet for holiday stress
- Exercise burns calories from seasonal splurges



Physical Activity Recommendations

At least **30** minutes of moderate-intensity aerobic activity



At least **5** days per week for a total of **150** minutes



OR

At least **25** minutes of vigorous aerobic activity



At least **3** days per week for a total of **75** minutes



or a combination of the two

AND

Moderate to **HIGH INTENSITY** muscle-strengthening activity



At least **2** days per week for additional health benefits



What if I'm Inactive?

Tips to Get Started...

- Start with short sessions
- Make a routine
- Gradually add to your routine
- Don't over do it



Image source: DAS

Physical Activity Barriers & Solutions

Common perceived barriers to physical activity:

- No space
- No equipment
- Don't know where to start
- Lack of time
- No motivation
- Lack of support





Active Holidays: Make it a Family Affair

- Use the “test” of the holidays to set a healthy example
- Make a game or competition
- Recruit your children and other family members to help keep each other on track
- Incorporate seasonal activities into your family traditions:
 - Football / flat football games
 - Walks, runs, and hikes
 - Active commercial breaks
 - Sled
 - Ice skate
 - Snow-shoe
 - Ski
 - Dance





Active Winter: Think Outside the Box

Incorporate seasonal chores into your exercise:

- Shoveling snow
- Scrapping car windows
- Shopping at the store
- Housework
- Post meal/party cleanup



Winter Preparation

- Pack in advance
- Stay hydrated
- Exercise with an cold?
- Keep it sanitary
- Be prepared for the weather



Braving the Elements for Comfort and Safety

- Wear a wicking fabric against your skin, a fleece middle layer for insulation, and a waterproof jacket
- In the dark: add a reflective vest and flashlight
- During the day: sunscreen, especially on your ears and lips
- Be aware of ice and low-hanging branches
- Warm up for 5 or 10 minutes!
 - Walk around inside and stretch gently before you head out



Using Your Home for Physical Activity



Resistance bands & body weight exercises:

- Minimal space needed
- Can do many exercises seated/standing/on the ground
 - Most are adaptable for different fitness levels and/or disabilities
- Minimal cost

At-home videos:

- No trainer needed
- No exercise knowledge needed
- Variety:
 - Zumba, boot camp, cardio exercises, stretching, resistance training exercises, and more
- Minimal cost
 - Many videos available on YouTube



Using Your Home for Physical Activity

Activity (60 min)	150 lbs.	200 lbs.
Zumba	530 calories	715 calories
Yoga (hatha)	200 calories	250 calories
Cardio Kickbox	680 calories	900 calories
P90x	580 calories	770 calories





S.A.D. Prevention

- Seasonal Affective Disorder (S.A.D.) is a type of depression that is related to changes in seasons
- S.A.D. begins and ends at approximately the same times every year

Fall and Winter S.A.D. Symptoms:

- Irritability
- Tiredness or low energy
- Problems getting along with other people
- Hypersensitivity to rejection
- Heavy, "leaden" feeling in the arms or legs
- Oversleeping
- Appetite changes, especially a craving for foods high in carbohydrates
- Weight gain

S.A.D

Causes

- Biological clock is off
- Reduced serotonin levels
- Melatonin levels

Treatment

- Medication
- Light therapy
- Exercise
- Brighter environment





Resources

- Exercise video catalog:
 - exrx.net
- Mayo Clinic:
 - mayoclinic.org
- American College of Sports Medicine:
 - acsm.org
- American Council on Exercise:
 - acefitness.org
- *Take Charge! Live Well!:*
 - ohio.gov/tclw
 - Exercise, Food Log, and Weight trackers
 - Recipe page
 - Articles and videos
 - Health Coaching:
 - 1.866.556.2288





THANK YOU!

1-866-556-2288

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