

Let's Get Moving!

Don't let cold weather or your mood stop you!
Learn new ways to move your body during winter for better overall health.

Cold weather activities:

- burn more calories and strengthen your heart.
- can give you a good dose of Vitamin D.
- can bring out the kid in you – try making snow angels.
- can be super energizing, try showshoeing or ice skating or any winter sport that challenges you.

Your body generates enough heat to make you feel much warmer.

Get motivated with an outdoor activity you like. Go for a walk, go sledding, or play basketball.

Try doing 10 minutes of physical activity at a time, three times a day.

Benefits of staying active:



Enhances your mood & overall wellness



Keeps your heart healthy



Boosts your immune system



Do more and get more out of every move – every day!

Learn more ways to get active at Moving Matters.



Building Healthier Communities

