

Winter Exercise

Even though you may be spending a lot more time at home during the Coronavirus pandemic, it's still important to be getting 60 minutes of exercise every day for overall physical and mental health.

Playing Outside

Winter is a great time for outdoor activities—just make sure to wear the right gear, such as warm socks, snow pants, hats, scarves, and waterproof gloves/mittens.

Sledding

Ice skating/hockey

Building forts/snowmen

Ice fishing

Walking

Hiking

Playing Inside

A little creativity is all you need for getting exercise in your home during the cold winter months. Don't be afraid to get the whole family involved with ideas and planning!

Obstacle Course/Circuit

(Set up "stops" along your course, and put a sheet of paper with different activities on each)

Dance Party

(Dance, dance, dance!)

Digital Classes

(American Heart Association, Youtube, Facebook, Instagram)

Family Exercise Challenges

(Set up a chart for each family member—for each 5 or 10 minutes of exercise, you get a sticker. Another idea is to set up friendly competitions with games or number of repetitions of an exercise)

In-Season Produce

Eating fruits and vegetables is important any time of the year, but it is especially important during the winter months to get all the important vitamins and minerals, and to help protect your immune system.

If your favorite fruits or veggies are not in season in winter, look for canned or frozen versions—just be careful of added sugar or salt.

In-season produce in December:

Cabbage	Brussel Sprouts
Winter Squash	Potatoes
Onions	Beets Turnips
Oranges	Grapefruit Pomegranate
Tangerines	Mandarin Oranges

Breathing Exercise

Stress and anxiety are at an all-time high for many individuals, and it's important to remember to take time daily to check in with your stress, and to work to keep it under control.

A simple and discreet way to bring your stress down is to do breathing exercises, and this exercise takes about 2 minutes to do:

1. Find a comfortable place to sit or lay (if able).
2. Close your eyes and rest your hands comfortably on your lap.
3. Take a few normal breaths.
4. When ready, do a 4-count inhale, hold your breath for 4, and do a 4 count exhale. Take a few normal breaths before going to the next set.
5. Repeat 3-5 different times.

Connecting during the holiday

The pandemic has likely changed some of your family plans for gatherings during this holiday season. While it can be frustrating missing out on family time, there are ways you can connect while being physically distant. Here are a few ideas to get the whole family involved during this challenging time:

Write holiday cards

Writing holiday cards to family members is a great way to connect, and to receive "happy mail"—don't forget to include pictures from the year!

If you're looking to go digital, send a "Virtual Holiday Card" with updates and pictures.

Visit Virtually

Many different platforms, such as Zoom, Facebook, Skype and others allow you to connect via video with friends and family in real-time and are totally free!

Phone calls

With texting and instant messaging, phone calls may seem a bit like they are from another time! Set a time to pick up the phone and call family/friends who you may be used to seeing for a little pick-me-up and to stay connected.

Create new traditions

2020 will be remembered for years and years—but are there things you can add to your holiday traditions that may be kept? Maybe a new meal that is created by everyone, or a game or movie night, or even a family exercise session. Don't be afraid to branch out and try something new this year!