



Winter Physical Activity

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Just because it's cold outside doesn't mean we have to reduce the amount of physical activity we participate in each day. How much daily physical activity should we strive for? Ideally, we should set our goals at:

- 60 minutes on all or most days of the week
- Moderate to vigorous activity as much as possible

Often times, we "slow down" during winter months, and find ourselves choosing more sedentary activities. Why is it harder during winter months? Some reasons are:

- Shorter daylight hours
- Colder outside
- Families are often times busier – homework, sports, school functions, work responsibilities, early winter is busier for some with the holiday season at hand
- It's just not quite as easy to find physical activities to do!

So..what can you do???

OUTDOORS

WV offers many opportunities for frigid fun and fitness outdoors! Just remember to dress appropriately. Wear several layers of tops and pants under warm jackets, and add hats and gloves. Appropriate footwear is always important – waterproof is best.

Here are some family activities to consider:

- **Hiking** – We have many state parks and rail trails throughout WV that are great for hiking, no matter what the season. Go to wvtrails.com for trails near you.
- **Skiing/Snowboarding** – in WV, try out Canaan Valley, Timberline, Snowshoe, Winterplace. See details of these ski areas and others at skiwv.com or skiingwv.com
- **Cross country Skiing** – If you like hiking and the backroads wilderness, then give cross country skiing a try. Many WV parks and other areas offer great cross country skiing trails. Check them out at skiingwv.com.
- **Snow tubing/Sledding** – We have lots of good sledding hills in WV, get out the old sled or purchase a "flexible flyer" and get started! Three ski resorts in WV also have snow tubing parks, complete with lifts. (Canaan, Snowshoe, and Winterplace) Alpine Lake Resort and Conference Center and Blackwater Falls both offer family sledding trails.
- **Ice skating** – Ice skating is a great cold weather physical activity, and there are numerous opportunities around the state. Besides the ice rinks in many state parks and some ski areas, you can also ice skate at the Morgantown Municipal Ice Arena, Hurricane's Valley Park Ice Rink, and South Charleston's Memorial Ice Arena, among others.
- **Outdoor Chores** – Get your physical activity while getting the family chores done! Examples are shoveling snow, feeding animals, taking the dog for a walk, carrying in groceries, taking out the trash, etc.
- **Feed the birds** – Or do anything else that will get you outside and enjoying nature!
- **When it Snows....** build a snowman, have a snowball battle, make snow angels!



INDOOR ACTIVITIES AT HOME

- **Exercise videos** – There are many good exercise videos available online, at WalMart, etc. Good ideas would be to try Yoga, Pilates, and exercise balls.
- **Physically active videogames** – Dance Dance Revolution, Wii Sports, Wii Fit, Wii Active, Wii Adventure
- **Home exercise equipment** -treadmill, stationary bike, rowing machine, free weights,
- **Fitness activities**
 - jump a rope – try criss cross and double unders
 - Line push-ups, regular push ups
 - Crunches – crunch to your favorite music!
 - Stretch bands and exercise balls
- **Indoor chores** –general housework, (i.e. mopping, sweeping), cleaning up your room, putting away groceries
- **Babysitting** (or just playing with children)
- **Make up games** – Turn off the TV and be creative!! Some ideas...
 - **Hold a dance contest** – have family members pick a favorite tune and invent a dance..or just jam.
 - **Indoor badminton** – make rackets from bent hangers covered with old nylon stockings and use shower puffs or rolled socks to see how long you can volley.

INDOOR ACTIVITIES IN THE COMMUNITY

Many times there are physical activity opportunities in your community. Check local churches, after-school programs or open gyms, recreations or fitness centers, malls, etc.

Some examples of possible physical activity opportunities:

- Shooting hoops (or actually playing basketball)
- Dancing (hiphop, line, salsa, zumba, etc)
- Walking the mall
- Other exercise classes offered at the local rec/fitness center
- Water aerobics
- Swimming
- Bowling
- Martial arts

PHYSICALLY ACTIVE COMMUNITY SERVICE

Volunteering to help in your community while getting some physical activity is always a win-win! Some ideas might be to:

- Shovel snow for those who cannot do it for themselves
- Work with the local food pantry collecting food
- Help others with childcare
- Raise money for charities
- Deliver and set up Christmas trees to the elderly



FAMILY ACTIVE WEEKENDS

Think PHYSICAL ACTIVITY!! Plan some fun family weekend activities that are new and exciting for everyone!

