

# Be Winter Active

*Exercise to avoid winter weight gain, fight infections with a strong immune system, and help beat the winter blues.*

## Head Outside

Enjoy outdoor activities: run, hike, ski, or skate.



## Walk Indoors

Join a mall-walking program or walk at an indoor track.

Bonus: walking buddies provide extra support and encouragement.



## Sign Up to Move

Choose an activity you enjoy: swimming, volleyball, yoga, or aerobics classes.

## Create a Home Gym

Use inexpensive equipment, such as free weights and resistance bands. Watch free, online exercise videos or mobile apps.



When exercising outdoors in cooler temperatures, dress in layers so you can peel them off as your body temperature rises.