

# HEALTHFUL TIPS

## Winter Workout Motivation

Winter workouts can be a challenge for even the most devoted exercisers. If you're not careful, the short days and cold temperatures can have you opting for a blanket and book look rather than a good solid sweat session. If you are able to keep your motivation high this winter, you'll feel and look great when the spring thaw arrives. After all, working out doesn't have to cost anything, has no undesirable side effects, and is more effective than a pill to keep you healthy and happy. Try these winter workout motivation tips:

- Try something new to stave off boredom. Classes are a great way to get started with a new form of exercise. Check offerings through your community education, YMCA, senior centers, fitness centers and churches.
- Try a cycling class. It's easy on your knees and you can control how hard you work out with both speed and resistance. You can also use a stationary bike at home—great for beginners.
- Swimming is a great exercise no matter what the weather is outdoors. It's super easy on the joints and a great calorie burner.
- Resistance training at the gym or at home with or without weights helps to maintain your muscle mass and boosts your metabolism.
- Turn up the tunes and dance. No special equipment needed.
- Boot camp, kick boxing, cardio drumming, Zumba, yoga, are all great classes to try.
- Find a workout buddy. You're more likely to set and keep a schedule when you exercise with someone else. Find someone to help keep you accountable and push you to new limits. Someone who already has a regular routine is a good bet.



- Find an exercise challenge to participate in. Your co-workers may want to set up a step challenge or Sparkpeople is a great place to find an online challenge. There are a lot of 30 day challenges out there and they can really help you to establish some new workout habits.
- Update your workout music. There's nothing like a good beat and message to get you motivated to move more and work harder.
- Head to bed earlier at night (no TV or computer for an hour before bedtime) and set your alarm for a morning workout. It's dark, but getting your workout in first thing is an energizing way to start your day.
- Find an open gym (try your schools), load up the kids and shoot hoops, play a game of dodgeball or jump rope. You'll feel like a kid again.
- Use YouTube and Google to help you find inspiring workouts that you can do in the comfort of your own home—no equipment required and no slippery sidewalks to deal with. It's all there with a few quick clicks from chair exercise to hardcore high intensity workouts.
- Home improvement projects can be a real workout. Strip wallpaper, paint, clean and organize, lay down new flooring, or just give your house a top to bottom cleaning. You'll improve your living environment and get a good workout at the same time.

Hang in there, spring is on its way. In the meantime, keep motivated and moving. It's a lifestyle worth working for.