

# Don't Hibernate Stay Active this Winter



## *Why are we concerned about staying active in the winter?*

People tend to be less active during the winter months and may gain weight and lose strength and stamina due to inactivity.

## *Why is staying active so important?*

Staying active through all seasons is important. Physical activity increases your chance of living longer and can also:

- Strengthen bones, muscles, and joints
- Improve your sleep
- Control blood pressure, blood sugar and weight
- Help you feel better about yourself
- Reduce falls and arthritis pain
- Prevent heart disease, colon cancer, and type 2 diabetes

## *How much activity do I need?*

Adults need at least 30 minutes and kids at least 60 minutes of moderate activity every day. These activities should be done for at least 10 minutes at a time.

## *How can I stay more active in the winter?*

- Walk—outdoors (with your friends, kids, or dog) or indoors (at the mall or indoor track)
- Outside—play active games with your kids, take a family hike, clean up your yard, or try out winter sports (skating, skiing, sledding) if the weather permits.
- Indoors—play music and dance, jump rope, do active housework, jog in place, lift weights, do jumping jacks, try a fitness DVD

**For more information go to:** [www.cdc.gov/physicalactivity/index.html](http://www.cdc.gov/physicalactivity/index.html)

**Health**  **Whys**  
A public health message from

*Thomas*  
**Jefferson**  
HEALTH DISTRICT

Serving: Albemarle Charlottesville  
Fluvanna Greene Louisa Nelson

[www.vdh.virginia.gov/LHD/ThomasJefferson](http://www.vdh.virginia.gov/LHD/ThomasJefferson)

