

EXERCISE THROUGH THE NEW YEAR



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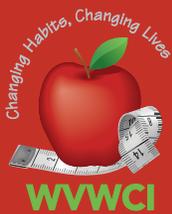
NEWS YOU CAN USE

Do Not Forget These Other Great Resources:

Healthwise® Handbook, the 24-Hour Nurse Line, Nurse Online Chat, Audio Health Information Library® and you can go online to www.express-health.com for links to reliable health information.

CHALLENGE:

Create a gym at home to help you stay active and adapt to the weather changes.



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Summer has come to an end, and that means time is running out to enjoy outdoor exercises in the warm, sunny weather. If you're someone who relies on summer weather to exercise, then it is time to break that yearly cycle and adjust your workout routine to continue to stay in shape all year round. Here are some tips to help you prevent hibernation.

- **Join a gym.** If you don't already have a gym membership, and don't want a big commitment, look for a gym with no contract memberships. This way you can join for just the winter months and cancel once spring hits.
- **Dress appropriately.** As long as temperatures are not dangerously cold or there is too much snow or ice, you can probably still run or walk outside. Bundle up with layers to regulate heat and moisture that you can peel off as you get warm.
- **Adjust duration.** Once temperatures drop, you may have to shorten the length of your workout. Extreme temperatures can be more exhausting on your body.
- **Extend your warm-up.** If working out in cold temperatures, take an extra 5 minutes to warm up your body temperature. Going too fast or too hard too soon can strain your muscles and lead to injuries.
- **Create your own home gym.** Dust off that old treadmill or other exercise equipment. Save money by creating your own collection of exercise DVDs and ask to swap with friends. Cold or rainy days are perfect times to rely on the equipment you already have at home.
- **Fitness classes.** Join a weekly fitness class, there may even be some free offerings in your area. This will get you indoors and being surrounded by a group can be motivational.
- **Winter activities count.** Some tough cold weather chores like raking and shoveling can burn a lot of calories. Snowshoeing, skiing, sledding, skating, snowboarding and even a snowball fight are more fun ways to enjoy the season and also burn calories.
- **Set a schedule.** No matter the time of year, having a routine workout plan is important for staying on track. Decide what time and what days are best and mark it on your calendar.

ESTIMATE OF WINTER ACTIVITY CALORIE BURN

Sledding	485 calories/hr	Alpine Skiing	400 calories/hr
Building a Snowman	277 calories/hr	Snowboarding	485 calories/hr
Trudging through snow	526 calories/hr	Shoveling	422 calories/hr
Figure Skating	460 calories/hr	Snow blowing	284 calories/hr