

Our best tips for staying active in winter



When winter comes, you may be tempted to slow down your physical activity and stay inside. Despite the freezing temperatures and blustery winds, there are safe and easy ways to keep up your exercise habit. Added bonus: Maintaining your workouts is good for your mood, brain and your body. Ready to lace up? Let's go!

Before you start any new exercise routine, talk to your doctor to make sure it's safe. For outside activities, be sure to wear layers and keep your head, hands and feet warm with a hat, gloves and appropriate footwear.



Go on shorter, more frequent walks

When the weather is more extreme, long walks often just aren't doable. Instead, trade your typical 45-minute walk for three 15-minute walks spread throughout the day. The overall step count will be the same, but the walks will be easier to tolerate.



Think beyond the walk

Winter sports and activities can be a great way to get in your steps. Get out on the rink for some ice skating. Go cross-country skiing or snowshoeing. Get out the shovel and clear the snow from your sidewalk or driveway. However, if you ever experience any unusual symptoms (chest, back, arm or jaw pain, shortness of breath, lightheadedness, etc.), stop the activity and seek medical attention.



Bring Fido along for inspiration

Need motivation to get outside? Look no further than your dog! Snap on the leash and take short walks a few times a day. You'll both feel better!



Get in your activity at home with an online class

If you just can't bear to go outside, find a dance, aerobics or other cardio fitness class online. There are lots of free options these days, and the steps really add up!



Find a new best friend: the treadmill

There's no better way to get moving than on an indoor treadmill. At home, at the gym or community center, time will fly by if you do two things at once. Walk and watch TV, listen to a podcast or audiobook, or read a magazine.



Go shopping

Hop in the car and head to your favorite mall or department store and start walking. No one has to know you're just window-shopping. You may even find some good winter workout gear while you're there.



Clean your house

Get out your vacuum and other cleaning supplies and do a deep clean of a room—or the whole house! An hour of good cleaning can rack up a surprising number of steps. Just think of how happy you'll be to relax afterward in your sparkling living room.

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