

A fresh perspective

Winter can feel daunting. Colder weather, shorter days, less outdoor time. Just like so many other times during this year of change, it's normal for our routines (like activity!) to feel interrupted when the seasons change. As we've already learned, the more consistent we are with healthy behaviours, the more they'll feel like second nature - no matter what's going on in our lives (or with the weather).

WHAT TO DO

Mix things up by trying one of these winter weather ideas below. Remember, the best ideas are the ones that fit your routine and lifestyle.

1.

Need fresh air and looking to get in some steps for the day? Head outside during lunch when the sun's still out (aka it's warmer).

2.

Create a designated indoor activity space complete with a basket filled with a yoga mat, towel, and weights (tins of beans work!) and try the latest FitOn workout.



3.

Before bed, turn off the TV and cozy up with a book. Bonus points for including a warm drink and blanket.



4.

Set a new wake-up time to grab an extra hour of ZZZ's or practice mindful breathing.

5.

GET CREATIVE WITH YOUR INDOOR WORKOUT ROUTINE. TAKE TO THE STAIRS IN YOUR HOME AND STAND UP THROUGHOUT THE DAY.



How are you getting ready for the winter months? Let us know what activities you're starting in your Connect Workshop group!

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that Works.™**