



BalanceHealthSM Newsletter

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Winter Workouts

The holiday season is approaching fast, starting with Thanksgiving and going all the way through the New Year. That means two solid months of eating delicious foods like stuffing, cookies, and pies, and enjoying indulgent beverages like eggnog and cider all while balancing obligations including holiday parties and shopping for gifts, which cuts into your workout time. In addition, the weather has become quite chilly making you less inclined to pop outside for a quick jog.

Exercising at Home

If you are not a fan of cold weather and prefer to stay indoors when the temperature drops, there are plenty of ways to get a great workout at home.

Exercise DVDs – Today there are so many options when it comes to workout DVDs ranging from yoga to serious weight training and everything in between. If you love to run, choose a DVD that focuses on cardio for a similar effect. If your goal is to build muscle, but don't want to leave and hit the gym in the winter, grab a DVD that focuses on gaining mass and focuses on weight training.

YouTube – Did you know that there are tons of exercise programs available on YouTube for free? The beauty of this is that it allows you to try out a variety of different workouts; all you need is an Internet connection. Just type in something you are interested in (Pilates, body weight training, strengthening my core, etc..) and click on the video that appeals to you. You can try a new workout every day!

Makeshift Gym – There is also the option to create a home gym. There are treadmills, elliptical machines, and stair steppers available for purchase for cardio as well as weights, kettle bells, bars, and benches for weight training, and mats for yoga and Pilates. Of course, building a home gym can be pricey. To combat this, you can use what you already own to create a makeshift gym. Instead of using a stair stepper run up and down your staircase. Use heavy water bottles for curls or shoulder presses, put your feet up on the couch and use your coffee table to perform dips to target your triceps. The possibilities are endless!

Circuit Training – During the holidays

For more information or advice about winter workouts contact your Wellness Coordinator by calling:

1.800.327.2255

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we are incredibly busy and oftentimes exhausted. If you find that you are too busy or tired to fit in a traditional workout, try the following circuit courtesy of Fitness Magazine. While you are relaxing watching TV, complete the following moves each time a commercial comes on:

- 15 squats
- 15 push-ups
- 15 crunches
- 15 seconds of high knee kicks

Braving the Outdoors

Even though it is chilly outside, there are still plenty of fun and safe outdoor workouts you can try. To stay safe, skip your outdoor workout if the temperature dips below 0 F or the wind chill factor is extreme. Also, always dress in layers, even though the air is cold, exercise heats you up quickly. Also, be sure to have the correct gear. If there is snow or rain in the forecast be sure to wear waterproof clothing and shoes.

There are so many fun calorie burning activities that lend themselves well to winter weather. Try the following activities this winter and feel the burn! Calories burned are based on a 140 pound woman:

Skiing (cross-country): 256 calories burned

Skiing (downhill): 192 calories burned

Snowboarding: 192 calories burned

Sledding: 224 calories burned

Having a snowball fight: 96 calories burned

Ice-skating: 176 calories burned

Shoveling snow: 192 calories burned

Building a fire: 80 calories burned

Walk/Jog/Run – If you don't mind the cold weather and want to continue your outdoor walk, jog, or run, it is generally safe to do so just use good sense. In addition to monitoring the temperature and dressing in layers you should also be cognizant and respond appropriately to precipitation. If it is snowy or icy outside wear trail running sneakers, which provide better traction and avoid running downhill as you will be more likely to slip and fall in these conditions. It's also a good idea to warm up and cool down indoors to limit your exposure to the cold.

As you can see, your workout doesn't have to suffer just because the holidays are coming and the temperature has dropped!

There are plenty of great options to ensure fitness remains part of your life throughout the holiday season.

Remember that your Wellness Coach is available to help you design a winter weather workout plan or provide additional tips and tricks on staying fit during the holidays.

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