

# How to Stay Active in the Winter

It can be tough to keep moving during the winter, but it's important to stay active year-round. Here are some guidelines and tips for exercising during the colder months.

## Guidelines **Adults aged 65 years and older should aim for the following:**

- 1 Weekly:** At least 150 minutes of moderate to vigorous physical activity.
- 2 At least twice a week:** Muscle-strengthening activities using major muscle groups.
- 3 Daily:** Physical activities that challenge balance, and several hours of light physical activities, including standing.



## Physical Activities

- ✓ **Walking indoors:** Do laps at the mall, an indoor track, or an apartment or community centre hallway. Aim for a moderate to vigorous pace.
- ✓ **Treadmill walking or stationary biking:** If you have access to cardio equipment or a gym, these are great options.
- ✓ **Follow-along exercise videos:** Look up “low-impact workout for seniors” or “at-home workout for seniors” on YouTube.
- ✓ **Aquafit class or water walking:** Easy on the joints but still a great workout.

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## Strength Activities

- ✓ **Sit-to-stands, 10-15 reps:** Sit on the edge of a sturdy chair, feet flat on the floor, shoulder-width apart, and knees at a 90-degree angle. Lean forward, shift your weight over your toes, and push through your heels to stand up without using your hands. With control, slowly lower yourself back down to sit.
- ✓ **Wall push-ups, 2 sets of 10 reps:** Stand facing a wall with your feet a couple of feet away. Place your hands on the wall at chest height. Lean in by bending your elbows, then push back to the start position keeping your body in a straight line.
- ✓ **Step-ups, 5-10 reps with each leg:** Start on a low step - the bottom stair is great for this. Hold on to a stable support like a railing. Step up with one foot, followed by the other, then step back down slowly. Switch sides to lead with the other leg.
- ✓ **Carrying groceries:** This is both useful and strengthening!



## Physical Activities

- ✓ **Heel-to-toe walking:** Holding a countertop, place one foot directly in front of the other (heel of the front foot touching the toes of the back foot). Walk in a straight line, taking small steps and placing your heel directly in front of your toe.
- ✓ **Mall walking:** When it is slippery outside, walking indoors is ideal to avoid falls. Head to the mall where you can walk longer distances with lots of space.
- ✓ **Qigong, tai chi, or yoga:** Take a class or practice at home with a guided video.

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