

Speak To Your Health!

Stay Physically Active During the Cold Winter Months

Staying physically active is vital to staying healthy year round. It is especially challenging during the cold winter months when the temptation to stay indoors is high. For adults, it is important to engage in at least 30 minutes of moderate physical activity five times per week and muscle-strengthening activities at least twice per week.¹ Physical activity helps control weight, reduces risk diseases including heart disease, diabetes, and cancer and improves mental health allowing you to live a longer and healthier life.² Develop a weekly routine and spread your physical activity out over the course of a few days so that it seems more manageable. Staying consistently active throughout the winter will help boost your immune system and keep you healthy.³



WHAT CAN YOU DO?

Dress in layers.

Dress properly so that you can peel off layers as you warm up in the cold.

Take advantage of your local park.

It is a great place to exercise, even in the winter.

Run, walk, or bike for a cause.

Pick a charity that interests to motivate you to train.

Exercise at home.

Follow a fitness DVD or TV program to learn simple at-home moves.

Try Yoga or Stretch.

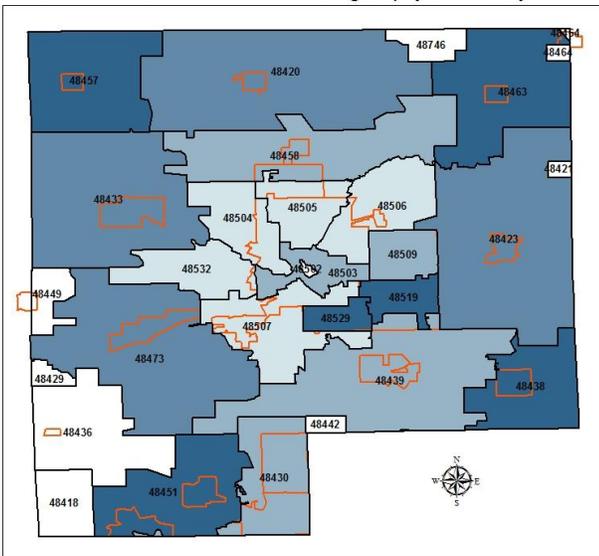
Relaxed muscles help you stay stress free and healthy!

Clean your house!

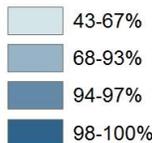
Cleaning is productive and will keep you active while it is cold outside.



2011 Speak To Your Health!
Genesee County Community Survey
Proportion of respondents have a park in their neighborhood that they feel safe using for physical activity



Proportion



WHERE CAN YOU GET MORE INFORMATION?

- Genesee County Parks and Recreation www.geneseecountyparks.org
- Friends of Flint River Trail (810) 767-6490 www.flintriver.org
- Crim Fitness Foundation www.crim.org/ 810-235-3396 – Downtown Flint Walking Maps!
- Map out your own Walk with www.prevention.com/mywalkingmaps/
- Keep track of your activity Michigan.gov with www.supertracker.usda.gov
- Genesee County Health Department www.gchd.us/Library/ExerciseAndFitness.asp
- Commit to Fit www.commit-2-fit.org

1. "How much physical activity do adults need?" (2011). Centers for Disease Control and Prevention. www.cdc.gov
 2. "Health Benefits." (2012). Michigan Health & Wellness. www.michigan.gov
 3. Davis, Julie. (2009). "Winter Fitness: Why Staying Active Is a Must." <www.everydayhealth.com

