

# Beat the winter blues!

Many people in Canada do not get enough exercise in the winter. Here are some things you can do.

## Outdoors

✓ Go on a nature walk. Look for animal tracks and birds.



✓ Build a snowman.



✓ Try a winter sport. For example:



snowshoeing



cross-country skiing



skating

## Indoors

✓ Watch a fitness program on TV. Do the activities.



✓ Do some easy stretches.



✓ Go to a rec centre. Do some activities there. For example:



swim



walk or run

✓ Take a class. For example:



tai chi



dancing

Art: Guy Parsons