

# MOVEMENT

## EXERCISE FOR THE WINTER MONTHS

It's cold outside, but staying active is important year-round. Here are some of our favorite ways to stay active during the colder months.

### INDOOR SPORTS

Try pickleball, squash, racquetball, badminton, volleyball, or basketball. You can even join a local intramural league.

### MALL WALKING

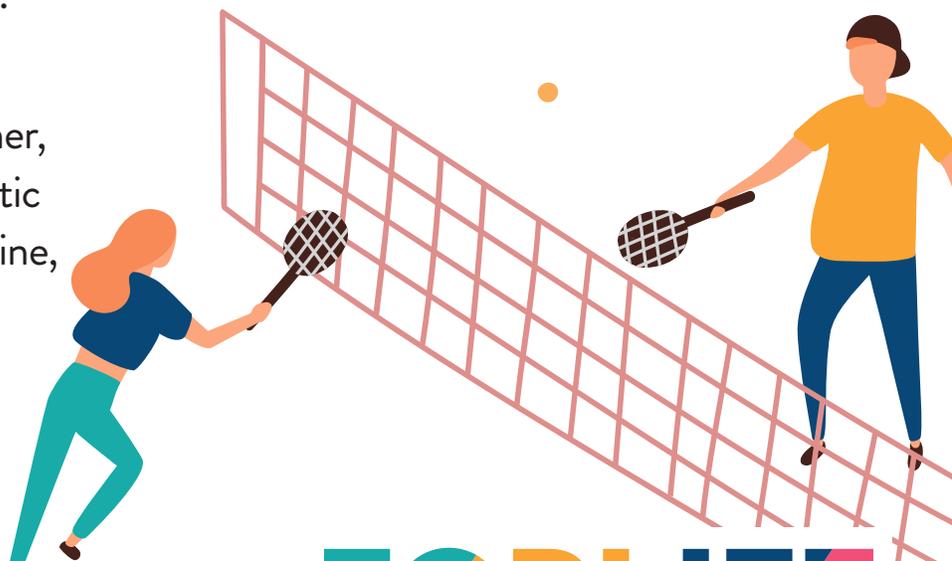
Great for adults and kids! Pro tip: Go before the stores open to avoid the crowds.

### EXERCISE 'SNACKS'

Getting your heart rate up for only 30-60 seconds 1-3 times per day has been shown to be incredibly beneficial for cardiometabolic health, endurance and muscle strength. The key is to do it consistently to reap the benefits. Try jumping jacks, mountain climbers, push-ups, and high knees.

### LASTLY...

There is no such thing as bad weather, just bad gear! Invest in winter athletic gear to maintain your outdoor routine, if that's what you prefer.



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