

5 Tips:

Staying Active in the Winter

Lindsey Murray

1. Light up the Room

If you are going through the morning in the dark then your mood may reflect that. Once your alarm goes off, turn the light on. Once your eyes adjust, you'll be on your way to boosting your mood and getting the day started right.

2. Warm Up

Before you head outdoors do a warm up workout inside. Some high knees, pushups and squats get your blood pumping and your mind ready to hit the trail running.

3. Bundle Up

Having a great pair of gloves, hat/headband and jacket will make all the difference. Most running jackets are reflective and lightweight but will still shield you from the elements. Keep in mind you will sweat so you don't want anything that will drag you down as your workout goes on.

4. Tune In

It's going to be cold, windy and it might snow so bring some of your upbeat, favorite songs to help you push through the rough periods where you feel like just heading back to the warmth of your covers.

5. Busy Days

After a busy day you may feel like heading home and putting your feet up. Don't do it. Bringing your gym bag or running gear to work or on errands will help you stay focused on what you have going on next...YOU TIME. You'll already be half way to showing up since you are prepared... might as well just go!

BONUS TIP: Make friends

Having a great friend or accountability partner is another key to staying on track. You won't want to skip days knowing your partner is counting on you to show up. If you're not feeling up to it, remember that they need you too!

No matter what you do, find what works for you and your schedule and get excited to try more outside winter activities! We're building summer bodies in the winter!

Want to chat more? Click to connect with me online:

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