

Stay Active This Winter: Keep Moving When It Gets Cold

Simple ways to maintain energy, boost mood, and support your health through the cooler months.

When the days get shorter and the temperature drops, it's easy to trade workouts and outdoor activities for cozy blankets and comfort food. But staying active through winter offers **major health benefits** — both physically and mentally. Regular physical activity can **reduce your risk** of chronic diseases like heart disease and diabetes, improve sleep, and boost your mood. Even short bursts of movement can make a difference.

Colder months can also increase feelings of fatigue or the “winter blues.” Staying active helps **combat** this by releasing endorphins and keeping energy levels **steady**. You don't need a gym membership or perfect weather — just a plan to **keep moving** in ways that fit your life and the season.

Simple Ways To Stay Active This Winter

MOVE INDOORS

Try online workout videos, yoga, or resistance band exercises at home.

SET SMALL GOALS

Track your steps or minutes of activity; even 10–15 minutes at a time adds up.

BUNDLE UP AND WALK

Outdoor walks during daylight hours help you get sunlight and fresh air.

STAY SOCIAL

Join a local fitness class, walking group, or involve friends in active outings.

SOURCE: CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC)