



GENERAL WELLNESS

WARM UP TO WINTER WORKOUTS: FIVE WAYS TO STAY ACTIVE DESPITE THE CHILL

By *Your Health Staff*

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Winter has its wonders—crisp air, cozy vibes and the magic of snow (for those who are lucky enough to get it!). But let's face it: with shorter days and colder temperatures, staying active this time of year can easily feel more like a chore than a choice. But fear not. We've got some exciting ways to keep you moving despite the chill!

Why Winter Workouts Matter

At [Healthier 901](#), we're here to help Mid-Southerners stay motivated, even when the weather outside is frightful. Physical activity is key to maintaining our health year-round, and staying active in winter offers unique benefits, from boosting immunity to improving our mood. Whether you're braving the great outdoors or finding creative ways to stay moving indoors, winter doesn't have to slow you down.

"Incorporating physical activity into your winter routine is vital for overall well-being," said Farra Hych, director of Rehab Services with Methodist Le Bonheur Healthcare. "Staying active in the colder months helps us combat seasonal sluggishness, manage our weight and ward off illnesses while improving mental clarity and reducing stress—a particularly important benefit during the holiday season."



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5 Fun Ways to Stay Active This Winter

With that in mind, we've rounded up five evidence-based ways to stay active this winter while keeping the cold at bay. These tips are designed to be accessible and easy to implement, empowering you to take control of your fitness journey. Bundle up and give these ideas a try!

1. Embrace The Magic of Winter Walks

Walking is one of the simplest ways to stay active—and winter offers a quieter, peaceful ambiance for walks. Walking can improve cardiovascular health, boost mood and keep your metabolism active during the winter months. So layer up, find sturdy, waterproof footwear and hit a local park or nature trail to soak up the beauty of winter landscapes.

Pro tip: To stay safe, walk during daylight hours or wear reflective gear, and be sure to warm up indoors before heading out.

2. Shovel Your Way to Fitness

While this winter workout opportunity might be few and far between for our region, keep in mind that snow shoveling isn't just a chore—it's also incredible exercise! Similar to raking leaves, shoveling snow engages your arms, core and legs while giving you a cardio boost. Just be mindful of your posture to avoid strain.

Pro tip: Treat shoveling like an interval workout—shovel for 10 minutes, then rest for 5. For an added bonus, help a neighbor clear their driveway to double the feel-good factor.

3. Skate Your Way to Winter Well-Being

Rink enthusiasts understand that ice skating combines balance, strength and endurance training into one exhilarating activity. As an added perk, it's a fun, seasonally inspired activity that can make for a great outing with family or friends. The Mid-South is home to several indoor and outdoor rinks during the winter months, making this an accessible option for all ages. Check out Olive Branch's [Mid-South Ice House](#) if you're unsure where to start!

Pro tip: Wear gloves to keep your hands warm (and protected in case of falls), and don't forget to stretch afterward.

4. Try Indoor Circuit Workouts on Cold Days

When it's too chilly to head outdoors, bring the fitness inside! Create a quick circuit workout with simple exercises like jumping jacks, push-ups, bodyweight squats and planks. These can be done in small spaces and are perfect for keeping your body moving while staying warm. You can even use household items (like soup cans or laundry detergent) as weights!

Pro tip: Crank up the fun factor by playing your favorite music or challenging yourself to beat your previous circuit time.

5. Explore Local Attractions on Foot

Take advantage of quieter tourist attractions or cultural landmarks in the winter months by planning a walking tour in the local area. Whether it's strolling through Memphis's historic neighborhoods, wandering the grounds at Shelby Farms or enjoying riverfront views on the pedestrian bridge at Big River Crossing, playing tourist in your own town combines light cardio with cultural enrichment.

Pro tip: Aim for late morning or early afternoon outings to enjoy the warmest part of the day.

Bonus tip: Keep your warm-up warm!

Starting a workout (even a brisk walk) with cold muscles can lead to injury, so it's especially important in winter months to warm up indoors first. Try dynamic stretches or a quick round of jumping jacks before heading outside.

If none of these winter fitness options appeal to you—or if you'd prefer to stay toasty inside—Healthier 901 offers a library of free, [on-demand workouts](#) to suit every need. Download the app at www.healthier901.com to explore our catalog of complimentary workouts and other great resources to achieve your healthy lifestyle goals.

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