



Let's Talk about:

Staying active during Vermont



Winters



Hi CCS Community!

Welcome to my first blog post :) I wanted to kick things off with a post about staying active during cold Vermont winters! This is actually my first winter in Vermont, but I do have some cold-weather experience having grown up in Massachusetts.

Staying active - especially when it is **very cold** outside can be hard to do. It is so much easier to cozy up and watch a movie and drink hot cocoa. **BUT**, who says we can't have both?

Why is staying active so important?

It can boost your **serotonin** (also known as your happy hormone!)

It can keep you fit and make sure your **heart** stays healthy

It is a great way to **socialize and meet new people**

It helps you **get out of the house**

What are some ways I can stay active when it is cold outside?

Bundle up and take a **walk around your neighborhood**



Call someone while you are on a walk - it makes the walk more fun and you can catch up with a friend, parent, or family member

There are awesome workout videos on **YouTube** : Check out the **Body Project's** YouTube channel for low impact workouts for beginners (scan the QR code using your phone camera)

Our local **Burlington Parks & Recreation** has a lot of cool adults programs like Yoga and Line dancing : Check out their website (scan the QR code using your phone camera)

Don't do anything that you have never done before without consulting a **family member, doctor, or personal care provider**

Remember, the hardest part about staying active is getting the motivation to do it! I believe in all of you and I am personally going to commit to doing a YouTube **workout video** at least 4 times this week. I would love to hear your ideas on how to stay active - comment below with your thoughts!

Don't forget... a warm cup of hot cocoa or tea and movie is a great way to relax after a day of being **active!**



Disclaimer: This article does not provide medical advice. The information included is for informational purposes only, please contact your physician for any medical advice, concerns, or questions.

