

HELIOS NEWSLETTER



Staying Active in the Winter - Ashley White

Regular exercise can help individuals manage their mood, pain, blood sugar, and lower risk of heart disease per the Centers for Disease Control.



But what are we to do during the winter months in Michigan when there are freezing temperatures and snow falling?

The Center for Disease Control endorses individuals under the age of 60 getting in **8,000-10,000** steps per day and individuals older than 60 get **6,000-8,000** steps per day. This amount of movement has been shown to lower the risk of premature death from all causes. Getting more steps in the winter may be difficult to do at home so some suggestions for getting more movement include:

- **walking in place while watching TV**
- **going up the stairs more often**
- **making multiple trips around the house while doing chores**

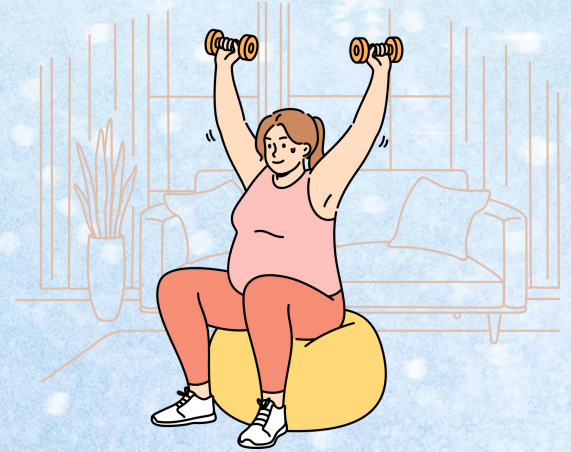
If it's in the budget you can get a walking pad and use it while working or watching TV.

In addition to getting in steps, utilize these other forms of exercise:



Bodyweight workouts or yoga can be done at home.

Local libraries offer exercise DVDs for no cost.



Another option is YouTube, which offers a plethora of exercise and movement related videos that can be done in a small area at home.

If you're looking for some fun with friends, try bowling in the winter or even snowboarding, snow shoeing, or sledding.



The Anchor Bay Area has an Aquatic Center that is open to the public and is completely indoors so it can be used year round. They offer memberships and pass options starting at \$10. More information can be found at their website:

<https://www.anchorbay.misd.net/schools/aquatic/>

You can also look into similar options in your area!

No matter what movement individuals decide on, it's better than remaining sedentary for the winter months. Remember to set realistic goals and when those goals are reached, celebrate them!

Contact Us!

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