

# Let's Get Moving!

Don't let the weather or your mood stop you!  
Discovering new ways to move your body can have extraordinary health benefits.

## Outdoor activity:

- burns more calories and strengthens your heart.
- gives you a good dose of Vitamin D.
- increases your energy levels.
- brings out the child in you - build a snowman or try a challenging winter sport like snowshoeing or ice-skating.

Too cold and chilly outside? When moving, our human bodies generate enough heat to make us feel much warmer.

Low on energy or no motivation? Choose an activity you enjoy most. Dance to music or play wheelchair basketball.

Gyms and equipment are too expensive? Choose no-cost activities like walking or free online fitness classes.

No time? Try 10 minutes of physical activity at a time. Try this three times a day.

## Benefits of staying active:



Enhances your mood & overall wellness



Keeps your heart healthy



Boosts your immune system



Celebrate and exaggerate every move – every day!