



Winter Well NL

A Season to Activate NOT Hibernate

Winter arrives every year, bringing snow, frost, chills & sometimes thrills. It's a season that divides us into winter lovers or haters. Regardless of which camp you lean into, staying active during winter is a healthy way to either endure the season or embrace it.

Check out these great resources to help you, your family, & friends stay active this Winter & promote winter activity in your community!

February Active Calendar

- Enjoy the best of NL Winter!
- Challenge yourself, family, & friends to complete as many activities as possible.
- Get your Calendar [HERE](#).

ParticipACTION APP, Challenges, & Website

- Download the free ParticipACTION App on the [App Store](#) or Get it on [Google Play](#).
- Join the **True North Challenge** starting February 7!
- Check out the ParticipACTION [WEBSITE](#) for motivational tips, workouts, & more.

More Ideas to Help you Stay Active In Winter

- Spend time in nature & notice how good it makes you feel.
- Try snow-shoeing or cross-country skiing.
- Go sledding, sliding, or tobogganing.
- Turn on the music & dance it out.
- Shovel snow.
- Joyfully do household chores - set a timer, be good with ok.
- Experience the view with winter star gazing.
- Build snow...balls, sculptures, angels, people or forts.
- Go outside & play with the dog or walk the dog.
- Enjoy a boil up or a healthy lunch outside.
- Take a hike.
- Go ice-skating.
- Deep breathe in the cold fresh air.
- Find some fresh snow & have fun!

