



# Physical Activity During the Winter

Weather and climate can have a huge impact on us when it comes to maintaining a healthy lifestyle.

For those living in colder climates, the much-anticipated arrival of winter weather – freezing temperatures and snowfall – can tempt us to burrow in our homes for a few months. Winter fatigue is something many people experience. It is caused by low temperatures and shorter days resulting in less sunlight, which triggers your brain to produce more melatonin, causing tiredness. This tiredness makes it even harder for us to find the motivation to get up and be active. However, you're doing yourself more harm than good when keeping your body sedentary for long periods. Therefore, it is important to remain physically active during the winter.

This theme includes resources that will provide you with advice on how you can easily integrate physical activity into your winter routine. Topics covered include benefits to physical activity at all ages, different ways to get active in the winter, benefits to simply walking each day and how to establish a winter exercise plan.

For this month's theme, we are providing you with a website that offers you a diverse selection of health and fitness videos you can use in the comfort of your own home. These videos are free and available to you at any time. Find videos on yoga, dance fitness, kid's activities and many more. You can access the website here:

- [YMCA Health & Fitness Videos](#)

In addition to the health and fitness videos, we also have the following resources available to you:

- [Physical Activity and your Health](#)
- [Why Cold Weather Shouldn't keep you Indoors](#)
- [11 Ways to Stay Active in Winter](#)
- [Establishing a Winter Exercise Plan](#)
- [Ten Health Benefits of Walking in Winter](#)

Please remember that you are not alone during this time. Reach out to family, friends, co-workers, your supervisor or any leaders within the organization as we are here to help. You can also speak to our EFAP provider.

Access your EFAP 24/7 by phone, web or mobile app:

## Canada:

- Call 1-877-847-4525
  - Email [support@resourcesforyourlife.com](mailto:support@resourcesforyourlife.com)
  - Visit <http://ca.resourcesforyourlife.com>
  - COMPANY CODE: BMWWeCare
  - Download the 'ICONNECT YOU' app from the App Store or Google Play
- PASSCODE: 149301

## United States:

- Call 1-800-466-8282
- Access Code 8282
- Visit [www.AlternativesEAP.com](http://www.AlternativesEAP.com)
- Download the 'Alternative EAP' app from the App Store or Google Play