Winter Time: Get Up and Out!

Get out and enjoy winter! It has its magical moments and there is a lot to do beyond the couch for individuals, as well as families.

The following are some great reasons to get out.

- With family or with friends, activities help to build social skills for youth as well as adults.
- Outdoor activities can increase or maintain your physical activity ability; the type of activity and the effort you put into it determine calorie expenditure; the more you do, the more calories expended.
- You can increase your involvement in community activities; lots of communities have outdoor recreation programs geared toward individual age groups, specific events, or families in general.

The following are a few ways to stay safe during the winter weather.

- When venturing out, keep safety in mind; if you are going out by yourself, carry a cell phone and be sure to let others know where you are going and your plans for returning.
- Dress in layers to allow for taking off or adding clothing, to maintain warmth and comfort.
- Keep equipment in good operating condition to prevent injuries.
- Take time to warm up and cool down your muscles to prevent strains and sprains.

Winter Time: Get Up and Out!

This Employee Benefits Bulletin is brought to you by your Human Resources Department and is for informational purposes only. It is not intended as a substitute for medical advice or treatment. Always seek the advice of your doctor or other medical professional if you have questions about any medical condition, diagnosis or treatment. Health and wellness information provided at www.medlineplus.gov/healthtopics.html, www.healthysd.gov, and www.nih.gov.