

Indoor Exercises You Can Do In Winter

The winter scenery in Wisconsin may be beautiful, but the snow, ice and cold temperatures may make it difficult to participate in outdoor activities (such as running, walking, hiking, baseball, golf). We can't stop winter, but there are some indoor exercises that can be done for free or little money. It's as easy as 1, 2 3.

1. Weight bearing exercises

Weight bearing exercise is any activity that forces you to work against gravity, with your feet and legs carrying your body weight. Examples of weight bearing exercises include brisk walking or hiking, jogging/running, dancing, jumping rope, team sports, such as basketball and soccer and stair climbing.

There are a lot of places for you to walk inside, including your home, shopping malls, schools and community centers. You can just fire up your MP3 or iPod and walk in the hallway, around tables or on a walking machine for the same amount of time that you would if you were outdoors.

2. Strength Training exercises

Strength training uses weights or resistance added to movements to make the muscles work harder. Over time strength training will build stronger muscles and tone your body. It also helps build and strengthen your bones, preventing osteoporosis. The most common strength training methods include using weight machines, free weights, stretch tubing or resistance bands or doing exercises such as push-ups that use your own body weight.



3. Stretching/Yoga

Stretching is an excellent warm-up no matter where you are and what the weather. It can help reduce stress, increase your flexibility and range of motion, improve your circulation and alleviate lower back pain. Yoga, like stretching will help with stress, flexibility, range of motion, circulation, and back pain. It also allows you to relax, focus on the present and concentrate on your body and breathing.

Stretching is a must if you sit at a desk in front of a computer for long periods of time. For seven yoga stretches that you can do at your desk, visit <http://yoga.about.com/od/yogasequences/tp/deskstretches.htm>. (source: <http://www.about.com/>).

There are many different online fitness classes and workouts and free YouTube workout videos that you can research as well. Taking time out each day to exercise, just as you would in the summer, will allow you to emerge from the cold months in good physical condition and mentally stronger.

Exercising for 30 minutes a day is recommended and can be done in three 10 minute segments. You can start small, though, as short 10-minute bursts of activity can have a positive effect on your physical and mood.

Remember; do not forget to talk to your health care provider before beginning any exercise program.