Four Ways You Can Stay Active This Winter Season

THE PINES
AT · DAVIDSON

During the long winter season, some of us may start to feel like we are trapped in the house, but that doesn't have to be the case! Staying active during the winter months is a great way to avoid a seasonal slump. Check out these four ways older adults can stay engaged this winter.

1. Exercise

Exercising regularly has been shown to help mental health and cognitive abilities. Taking a walk, pulling weeds on a nice day, or doing some simple stretches indoors are easy ways to get some exercise in while increasing your happiness and decreasing feelings of anxiety.

You don't need expensive fitness equipment at home to get a total body workout.

Consider these examples:

- Use cans of soup or water bottles as hand weights.
- Go from a sitting to a standing position out of a dining room chair two to three times in a row instead of just once.
- Walk up and down a hallway or large open space.
- Go up and down your stairs multiple times.
- Turn up the music and dance in your kitchen.

2. Get Creative

Now is the perfect time to express your creative side! Pull out some colored pencils and an adult coloring book, create some homemade greeting cards, or just turn on some favorite music and dance in the kitchen. Starting a new project and expressing your creativity can help keep your mind active and engaged, while also warding off feelings of anxiety or restlessness.

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3. Holiday Baking

With the holiday season around the corner, satisfy your sweet tooth with some festive desserts! From gingerbread cookies to fruit pies, the options are endless. Your sweet treats could double as holiday gifts for friends and family.

4. Organize and Clean

Finally, clean out that junk drawer in your house or organize a closet! On days when going outside may not be an option, winter is the perfect time to give your house a deep cleaning. A decluttered home is a decluttered mind! Make the most of those wintry days by tackling one room at a time.