

## **Another Weekly Update from 'H' and 'J'...**

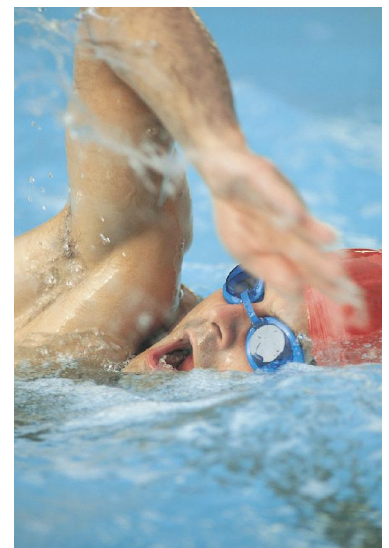


## **Exercising in winter**

### **How to keep active during the winter months**

Winter's darker evenings can be a real turn-off when it comes to exercising but don't be discouraged. Here are some tips to keep you active during the winter:

- Walk the dog, do the housework or rake up the leaves in the garden.
- Try something new like salsa dancing, fitness classes or other indoor sports such as badminton or five-a-side football.
- Rent a fitness video and try some exercising at home.
- Join a swimming club, or sign up for pool workout sessions such as aqua aerobics.
- Join a gym and take advantage of any New Year discounts.
- Try to do a minimum of 30 minutes of physical activity at least five times a week.



**And remember, any activity where you break into a sweat and get slightly out of breath is good for you!**

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