



## Being Active in the Winter

### Did You Know?

Just like in the summer, you can get sunburned in the winter. Even when it is cold out, the sun reflects off the snow and can cause you to get a sunburn.

Don't forget to wear sunscreen and sunglasses, and drink plenty of water when you are spending time outside in the snow!



Colorado has a wide array of ways to be physically active during the winter months. While the snow and cooler temperatures may tend to make you want to stay indoors and curl up with a movie, try out one or more of the following suggestions listed below in order to get moving and experience the great outdoors! If it is too cold, choose an indoor activity such as dancing!

### Snowshoeing

This is a great activity that also provides a challenging workout, as well as wonderful views. Many outdoor stores and ski/snowboard rental shops have snowshoes available to rent for a reasonable price.

### Ice Skating

Ice skating is a fun activity and can be done both at indoor and outdoor rinks. If you don't have your own ice skates, you can rent them at most rinks. If you are new to ice skating, remember that you can always hold onto the railing! For children who are learning, ice skating rinks have bins that they can use to keep their balance while skating.

### Sledding

Sledding is a fun way to be outside while also being physically active. Carting the sled up the hill after riding down is hard work. Make sure to be careful, as you can get some good speed while sledding!

### Building a Snowman

With no equipment needed, this is a great and easy activity. Head outdoors and build a snowman or have a friendly snowball fight. Make sure to dress warmly and waterproof!

### Cross Country Skiing

Cross country skis can be rented in various sizes, for people of all ages. It is a fun and challenging workout and you will also get to enjoy great views, too!

Remember to dress warmly for these activities so that your time outdoors is more enjoyable and also as a safety precaution for the colder temperatures. If you feel yourself getting too cold, take a break and head indoors for a warm beverage and to warm up!