

## Combat Winter Weight Gain

Just because it's wintertime doesn't mean you can't exercise! Exercise will help you counteract holiday weight gain, as well as improve your health.

### Getting Started

- Experts recommend at least three 20-minute sessions of exercise per week. If you are trying to lose a significant amount of weight, exercising five times a week may be what you need.
- Remember, older adults or people with health problems should consult with their doctor before doing anything strenuous.
- Some winter chores and activities are good forms of exercise—for example, moderate snow shoveling and ice skating.
- Take the stairs instead of the escalator or elevator.
- Check out the website of the President's Council on Physical Fitness and Sports (<http://www.fitness.gov>), which also has tips about exercise and weight control.
- Make exercise part of your daily routine. With a treadmill or exercise bike at home, you can watch your favorite TV shows while you burn those calories.

### Take a walk!

- If you ride a subway or bus to work, get off one stop early to get some extra exercise.
- If you live in a climate with little or no snow and ice, consider taking a walk after dinner each night (but not too close to bedtime). Be sure to be safe when you walk outdoors. Stick to well-lighted, familiar areas, and walk with a partner if it makes you feel more comfortable.
- Get the most out of a "walking workout." For example, pump your arms to increase calorie burn.

### Shop wisely.

- If you are considering buying a device that "guarantees" weight loss with little or no effort, check with the Federal Trade Commission (<http://www.ftc.gov>) to see if it is really effective and safe.
- If you purchase exercise equipment at a consignment shop or yard sale, check with the Consumer Product Safety Commission (<http://www.cpsc.gov>) to make sure the item has not been recalled.
- If you work in an office building or live in an apartment complex, check to see if there is a workout room on the premises. You may be able to work out for free or at a discount. If there is not a gym on the premises, ask your supervisor or your apartment building's rental office if use of a nearby gym could be arranged.