

EXERCISE



If you have ...

No time:

Schedule your favorite outdoor activity for the future.
Mark time on your calendar so you can fit it in!

5 minutes:

Run the stairs, jump rope, or do a 5 minute desk workout

15-30 minutes:

Try a YouTube video or take a walk outside on a new route

An hour:

Try a new fitness class, like barre, Pilates, or water aerobics
Go sledding and walk back up the hills
Try a rock climbing gym

A weekend day:

Try a new activity, like snowshoeing, cross country skiing,
hiking, ice skating, curling, fat biking,
or even just following animal tracks in the snow!

