You are not alone!

During the winter season we have the tendency to let cold weather and all this season entails to interrupt our workout routine. It is also a time that we typically overindulge in holiday foods and treats.

Seasonal weight gain does vary from person to person, but on average, a person may gain up to 5-7 pounds in the winter.

**POPULAR BELIEF** there is actually **no** scientific evidence that proves we are **biologically predisposed** to weight gain in the colder months – **We are NOT** bears!

Here’s the problem!

There are a number of reasons why we gain weight over the winter season:

1. **REDUCED EXERCISE**
   - With shorter days and colder weather we become less active.

2. **OVEREATING**
   - Increased time spent inside usually coincides with increase eating.

3. **Sometimes we are SAD**
   - Sometimes we are SAD. Season affective disorder or SAD is a type of depression that is related to changes in seasons (i.e. darker & shorter days, cold weather, and grayness). Symptoms include irritability, low energy, oversleeping, and appetite changes, including a craving for high-energy foods that can lead to weight gain.

**Don’t worry there are several ways to that can help you fight winter weight gain...**
Cardio Workout!

There is no-equipment needed for this cardio circuit workout and it targets the entire body and blasts calories in a short period of time. The exercises can be modified to be more or less challenging. Try the circuit by performing each exercise for one minute each followed by one minute rest, and repeat the complete circuit four times:

1. Burpees
To do a burpee: (1) from a standing position, (2) drop into a squat with your hands on the ground. (3) Kick your feet back into a push-up position. (4) Jump your feet back into a squat and (5) jump up with your arms extending overhead. For an easier burpee, don’t kick out into the push-up position and stand up instead of jumping.

2. High Knees
Start in a standing position and begin the motion by running in place. Get the knees up as high as you can, the thighs should hit parallel to the floor. Be gentle on your feet. Keep the abs contracted.

3. Mountain Climbers
Start in a push-up position with one foot closer to the hands. Keep the hips in line with the shoulders the entire time. Using your core, jump the extended foot closer to the hands as the other one extends back. Get a rhythm and stick with it.

4. Walk Out + Jump Squat
Start in a squat position. Place the hands on the floor and walk them forward = push up position. Walk your hands back towards the feet. When you reach the squat position jump as high as you can. Land into a deep squat position. Be gentle on your feet when you land.
Winter Activities!

Don’t let the cold stop you from staying active. Winter activities are a fun way to be physically active during the winter season and have great fitness benefits. Remember to dress warm and wear the appropriate gear!

**Nordic Walking**
- Nordic walking involves applying force to the poles with each stride, using more of their entire body
- Provides stimulation of muscles that usually doesn’t occur in normal walking
- Nordic walking has been estimated as producing up to a 46% increase in energy consumption, compared to walking without pole

**Ice Skating**
- You use a lot of small stabilizer muscles that don’t get a workout in day-to-day life, in particular those around your hips, knees and ankles
- Toning larger muscles in your legs, butt and core
- The calorie burn depends on your speed

**On the Slopes**
- You use the hamstrings, quadriceps, and calf, hip, and foot muscles
- Cardiovascular benefits
- Good calorie burn

Indoor Exercising!

A gym membership is a great asset during the winter but don’t forget that there are many exercises you can do at **HOME** to keep you active. On the next page there is a great at-home cardio exercises you can do to stay active, especially on those really cold days.
Health and Performance Centre
February Fitness Newsletter 2015

Links

Cardio Circuit
http://www.self.com/flash/fitness-blog/2012/03/no-equipment-at-home-cardio-bo/

References


The Health and Performance Centre is a proud partner of the in motion initiative. The goal of in motion is to increase the level of regular physical activity among adults and children in the City of Guelph and the Wellington-Dufferin region.

The Health and Performance Centre is working with other community partners to create a “culture of physical activity” in our community.

Did you find this newsletter interesting and helpful?

Do you have more questions on how to make healthy changes to your lifestyle?

Come see a Registered Dietitian at the HPC. Learn how much you need to eat, how to optimize your metabolism, prevent cravings, and increase your energy levels!

Is Pain holding you back? Talk to one of our physiotherapists, chiropractors or massage therapists!

For information on our programs, check out our website www.uoguelph.ca/hpc and click on the "Fitness and Nutrition" tab, or call a friendly receptionist at the HPC at 519-767-5011.