



Looking for ways to get active during the winter months? With so many activities to choose from, there is at least one for everyone!

Outdoors

If you enjoy the outdoors, there are activities you can do right outside your front door! Experience the beauty of our Canadian winter as you downhill and cross-country ski, skate, toboggan with the kids, or take a heart-warming hike in the great outdoors.

Indoors

If you prefer being active indoors, add physical activity to your daily life at home, at school, at work, at play, and on the way. Looking for fun? Try an organized activity, join a mall-walking program, or put on some music and dance.

Games To Play in the Winter

Games aren't just for kids — adults love them too! Grab your family and friends and challenge them using these fun and active winter game ideas.

Marble Garbage — Team members must find a marble in a garbage bag full of snow using snowmobile gloves.

Dogsled Pull — Each team must pull each member on a toboggan around an obstacle course. Those pulling are the "dogs". Build the obstacle course using snow, pylons, etc.

Fore! — Try snowshoe golf events using tennis balls, hockey sticks, and plastic bowls or cups as fun alternatives to the summer fairway.

Ski Relay — Team members wear ski boots and skis. Each team relays a tennis ball on a spoon. Variation: wear snowshoes, relay ice cubes.

Snowman-making Contest — The participant or team that builds the fastest snowman wins. Variation: A best-dressed snowman contest.

Over and Under Snowball Relay — Each team makes snowballs and puts them in a pail. Pass the snowballs one by one through the first person's legs, then over the second person's head, etc., until the snowball reaches the second pail at the end of the line. If the snowball is broken, use the next snowball from the pail. The team with the most snowballs in the second pail wins. Variation: Use ice cubes instead of snowballs.



Outdoor Winter Fun

Cool Ideas to Warm Up Your Winter

- Walk or hike the many beautiful trails in Halton
- Plan a family winter picnic
- Host a backyard skating party, or plan a family fun skating event
- Take a brisk walk after dinner
- Try a new winter activity — snow boarding, curling, snowshoeing
- Make a snowman or snow angel with the kids
- Walk whenever you can — to go to school, work, or to go shopping
- Explore a new park on snowshoes
- Shovel your driveway — don't forget your neighbour's driveway!
- Take a walk at lunch with co-workers

Hot Tips for Cold Weather Activity

Dress in layers — Peel off or put on clothing according to how warm you feel. The inner layer should be absorbent, the middle layer(s) warm, and the outer layer water repellent and wind resistant.

Top things off — Wear mittens or gloves, and a toque to cover your head and ears.

Wear sunscreen — Sun reflecting on snow and ice can cause sunburn.

Get set — Warm up and stretch indoors before going out in the cold.

Beware of the wind — Take the wind chill into account when dressing and planning activities.

Buddy up — Try to be active with a friend. Watch for frostbite (skin looks white and feels numb).

Get inside — Go inside right after your activity and replace wet clothes with dry ones.

Indoor Winter Fun

Take the Chill Out of Winter Activity

- Sign up for a beginner dance class — alone or with a friend
- Follow a physical activity routine on TV
- Play basketball, volleyball or another indoor sport
- If you live in a seniors' residence, start a hall-walking group
- Play actively with your kids
- Check out the programs and services at the YM/YWCA or community recreation centre to see if there is something you would like to try
- Swim at lunchtime at a local pool
- Walk around a new mall or join a mall-walking program
Variation: Arena walking — walk around the outside of the ice arena surface
- Go bowling, skating or curling with your friends

Need Additional Information?

Many organizations such as the YW/YMCA, conservation authorities, parks and recreation departments, private fitness facilities and shopping malls in your area provide programs, services and special events to help you keep active all year round. Check your local telephone book for a location near you.

Other resources available from the Health Department:

Winter Fun For Families

Family Fun in Halton

Come Walk With Us!

Canadian Physical Activity Guidelines

To get the Canadian Physical Activity Guidelines, visit www.halton.ca/PA or for more information, please call the Halton Region Health Department.

Halton Region

Dial 311 or 905-825-6000

Toll free 1-866-4HALTON (1-866-442-5866)

TTY 905-827-9833

www.halton.ca



Health Department

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