Beaver Sports Medicine

Servicing the Mid Valley's Orthopedic Sports Medicine Needs

Tips to Staying Active in the Winter

Purchase Home Epuipment

The cost of the equipment should be minimal. Resistance bands, foam rollers, dumbells and ankle weights are all small pieces of equipment that are beneficial yet reasonable in price. Another tip, use your Smartphone! There are hundreds of apps for home exercise, without buying a single item.

You Need To Be Motivated To Go Outside

Warm-up indoors before you go outside, this way the cold feels good to you and you're warmed-up for injury prevention.

Proper Clothing

If you get cold outside or get rained on, the chance of continued winter work-outs will be diminished. Wind-breakers (waterproof even better) are designed to keep the wind off you, and dry. Thermal clothing underneath helps keeps you warm. Avoid cotton clothes, they soak up sweat. Try polyester or synthetic clothing instead.

Seperate Workouts From Your Summer Routine

The winter months make it difficult to exercise outdoors for long periods of time. Even harder, is trying to excercise indoors, due to the monotony of a gym or you home. If you have to, create a maintenance program. Maybe less days per week , or less time. Just keep working out.

Don't Get Too Relaxed

If you plan on exercising after work make sure as soon as you get home you start your workout. If you start to relax, the battle is half lost. Excercising after work is a great way to fight stress.

If You're Thinking About Joining A Club, Don't Join in January

Or just don't call it a New Year's resolution, they don't work. You need to be motivated to join, but don't go crazy, this is a long term goal, so don't burn yourself out in January or February.

Put it on your calendar

Make it a priority. Think of excercise like it's an appointment, you don't like to miss appointment. It should not be looked at as a "flexible" appointment. Do it when it is scheduled.