

January 25, 2021  
News Release for Immediate Use  
Ranae L. Aspen

Nebraska has been in a cold snap the past few months. What have you and your family been doing to make sure you are active when it is cold? This is a great time to be creative and still get in at least 30 minutes of exercise for adults and 60 minutes for kids.

When the weather permits, go for walks in the snow or build snowmen. The key is to get moving and have fun. Layer your clothing and reduce the amount of time you are outdoors. Typically, we do have breaks in the weather where you can find a warmer day along with sunshine. Outdoor time is helpful for your mood as well as the fact that the sun gives your body Vitamin D!

If you are not one to be in the cold, think of indoor activities. You can do a lot with the use of fun music. You can have a dance party, you can have a freeze and go game where you dance with the music and when the music turns off you freeze, and musical chairs is always a hit. Modify the activities to fit the size of room you are using.

Don't forget to check into your local library for music CD's, books that you can do activities with as well as to check out programming that may be offered by the library that will allow you to participate and it usually is at no cost to you.

Other things you may think about are looking up exercise videos on YouTube. You will find everything from Yoga, Kick Boxing to an endless amount of Zumba/dance videos. These are great ways to keep yourself active during the winter months.

Research exercise equipment that would fit your needs and the space in your home. Once you determine what may be good options, and then look for used equipment. You will be surprised at

the availability for good used equipment and they are available at a lower cost when they are used.

Make a plan, change it up and get moving, what are you waiting for? If you lack self-motivation, reach out to family and friends and make plans with them to be active together. Create a challenge, set goals and incentives to keep you going. Once you create a habit, you will continue to exercise because you will see that exercise improves your overall well-being. For more timely resources, visit <https://food.unl.edu/> feel free to also reach out to me at [ranae.aspen@unl.edu](mailto:ranae.aspen@unl.edu)