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Media Release for Immediate Use

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Fall is here and winter will be coming! Physical activity seems to be easy during the warm months, but it can be a challenge when Mother Nature takes a turn and it is too cold, windy and snowy to get out and take a walk. Now is the time to make a plan for you and your family to stay active on the worst weather days.

When the weather permits, fall is perfect for taking a nature hike on a local trail. Along the way, create a scavenger hunt. Look for different leaves, interesting rocks and twigs as you make your way through the trail. If you have bicycles, this is also a great activity when the weather permits. You can also include some low impact, mindful activities like flying a kite. The possibilities are endless.

The real planning comes into play when the weather is not cooperating. You can take some of the outdoor activities and modify them for indoor activities. A timed scavenger hunt, you can turn on music and have a dance party, or dust off the exercise equipment you may already have. You also could look for used equipment on local exchange sites, or even recycling sites. The main thing is that you have a plan and you stick to it.

During these stressful times, it is also helpful to implement mindful moments. Find a quiet space and practice taking in relaxing breaths inhaling and exhaling. Mindfulness can also be intentionally listening to nature or music. Just finding time in your day to be in the moment and not cluttering your thoughts with the tasks, you need to complete before the end of the day.

Mindful eating is also an activity that is important and connects with physical activity. The way in which we eat our food is an important piece to looking at our health in a holistic way.

You can find helpful information about mindful eating also at <https://food.unl.edu/> You can also find helpful information about meal time for your family at a new website,

<https://cehs.unl.edu/cyaf/eat-family-style-at-home/>

As always, if I can be of assistance, please contact me at [raae.aspen@unl.edu](mailto:raae.aspen@unl.edu) Wishing you and yours a happy and healthy November!