

# Tip Sheet - Winter Walking

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A little outside activity can do wonders for our sense of wellbeing every season of the year! While we might be tempted to hide from the cold winter weather by staying inside where it is warm, fresh air and exercise have great benefits for our brains and our bodies. With a bit of preparation, we can safely and comfortably enjoy our winter wonderland!



## DID YOU KNOW...

It is recommended that adults accumulate at least **150 minutes of moderate to vigorous intensity aerobic physical activity per week, in bouts of 10 minutes or more**. This works out to 30 minutes 5 times per week. In addition to the many physical benefits of walking, our **mental health benefits** as well.

- Walking helps create a **general sense of wellbeing** through the increase of serotonin and endorphins.
- Walking both reduces the risk and significantly decreases the experience of **stress, depression and anxiety**.
- Walking helps **improve sleep quality** by increasing restorative rest.
- When walking outdoors we **increase Vitamin D levels**, improving mood and energy levels.
- Walking can be **combined with other wellness boosting activities** such as mindfulness, listening to music or podcasts, or walking with a partner.

When we are outside for enjoyment on our own time, or as part of our jobs, let's make our time a **positive diversion** from the stresses of the day by remembering to:

- **Wear good winter footwear** when out for an evening walk, while on supervision or getting from your vehicle into the building.
- Do your **penguin impression** when the ground may be icy (check out [this AHS video](#) for good advice and catchy music).
- **Grab a scoop of sand/salt** and toss it on any ice we notice near entrances to our workplaces, to take care of ourselves and others.
- Put on your **reflective** gear when outside so everyone can see you during these dark months.

## Stay active and stay safe!

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<sup>1</sup> [Heart & Stroke Foundation of Canada](#)

<sup>2</sup> [Canadian Red Cross](#)

<sup>3</sup> [Canadian Mental Health Association](#)

