Email #5:

Complementary Blog Post: 4 Ways to Exercise During the Winter

Subject: 5 Exercise Day Trip Ideas

Hi [firstname],

The winter is always hard to get all of the exercise you need, but it’s not impossible. This would be a good time to join a gym, take lessons you’ve always wanted to or find a winter activity that you enjoy.

What type of winter activities are there?

Winter activities are an easy way to include the whole family and have an Exercise Day Trip as well. Rent a cabin in the snow by a ski resort for a weekend and take a few days to enjoy the winter wonderland without worrying.

Here are X activities that your whole family can enjoy:

1.Tubing

Buy a few tubes and go tubing down the mountain. It is an activity that most people enjoy and it doesn’t take any special skills to get it done. Carrying around the tube and walking through the snow will give you plenty of exercise.

2. Snowshoeing

Rent or buy a pair of snowshoes and go for a hike. This will definitely give you exercise, but will also be fun. You can explore the outdoors in a whole different way.

3. Play in the Snow

This might sound obvious, but as adults this is one most don’t engage in as much anymore. Follow the children’s example and get outside to build an igloo, make a snow angel and have a snowball fight.

You might be surprised how much energy it takes to build a snowman.

4. Skiing or Snowboarding

Skiing and snowboarding is usually done on a mountain, so this could be a weekend trip if you want to get more ski time in. If you’ve never done this before you can get lessons or use the training part of the mountain to practice before going up the lifts.

These activities will burn up so many calories and you’ll find then you’ll start looking forward to the mountains opening up for ski season.

5. Sledding

Sledding is similar to tubing and children have been doing it for ages. Sleds can be bought inexpensively and you’ll have fun finding a hill in your neighborhood to zoom down.

Need more ideas on what to do during the winter? Check out this blog post:

LINK

Exercising during the winter is more important than you realize. The winter impacts your mood greatly and can lead to seasonal affective disorder – by exercising you are keeping it at a distance.

[Sign off]