

# Don't Hibernate -



# Stay Active in the Winter



Exercise is a great way to boost your immunity, which is especially important during cold and flu season.

Just a few minutes a day can help prevent simple bacterial and viral infections.

There's no reason to stop being physically active when the temperature drops - in fact - you burn more calories working out in cold weather.



## Try These Activities



Walking

Jogging



Biking



Raking Leaves



Shoveling Snow

Playing in the Snow



Now is a good time to be outside, especially in southern Arizona.

Enjoy the cooler weather and take the family outside to the park, throw a ball around, or take a stroll in the community.

## Give an hour Gain 2

For every one hour of regular, vigorous physical activity, some people may increase their life expectancy by two hours.



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