Winter Has Arrived!

It’s that time of the year in Boone! With cold weather back, it’s important to stay warm and stay active!

Here are some tips to help you stay motivated for winter workouts:

- Remind yourself that you’ll warm up once you get started.
- If you can, work out mid-day, when it’s a little bit warmer.
- Bundle up!
- Safety first! Be aware of your surroundings. Keep an eye out for ice or holes covered by snow to avoid twisted ankles or falls.
- If all else fails, move it indoors. There are plenty of indoor winter workouts that you can do to stay in shape while hiding from the cold rain and snow. Try some of these:

  - Yoga
  - Pilates
  - Free weights

Source: care2.com