



## The Benefits of Winter Activity

Physical Activity can help support mental health. It can help manage and prevent negative symptoms from occurring in the first place, and also promote positive emotions and self-esteem.

- Only 35% of 5 – 17 year olds are getting enough exercise (60 minutes per day of moderate to vigorous activity)
- Being active not only appears to bolster kids' resiliency when they are dealing with stress, but it appears to help them recover from stressful situations faster.

Reference: [Participaction 2018 report](#)

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Increased movement in the winter months helps with:

- Mood/Energy levels
- Sleep
- Anxiety/Depression
- Strength/Stamina
- Physical health

By increasing your heart rate for 15 minutes you can reap the benefits for 2 – 3 hours. This releases feel good hormones that help to stabilize blood pressure, mood and aid in reducing depressive symptoms.

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Playing outside during winter months can help get our blood flowing, give us energy and prevent the winter blues.

Suggested activities can include:

- Tobogganing
- Snowshoeing
- Fort building
- Snowball fight
- Pond hockey
- Ice skating
- Shovel snow for someone in need

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