

Winter Workouts

No exercise? Snow-way! Staying active this winter is easier than you think! Use these cold winter months as an opportunity to try something new and get in shape!

Ice Skating

- Ice skating is a great aerobic activity for people of all ages.
- Your legs will get a great workout and you will also build up your abdominal and lower back muscles as you keep your balance on the ice.

Downhill Skiing

- Burning about 300 calories per hour, downhill skiing is a high-intensity exercise that helps to improve muscle strength and endurance.
- It is a lot of fun but can be pricier than most winter sports.
- Try renting your equipment your first time out on the hills to figure out if this is the right sport for you! Snowboarding Balancing on a snowboard is a great workout for your butt, legs, abs and arms.
- Look for a beginner package if you are first starting out to include a lift ticket, rental and lesson.



Snow Hiking

- Walking in the snow is a lot harder than it looks!
- A great exercise for your legs and heart, snow hiking is a simple and affordable option for a great winter workout.

Snowshoeing

- A combination of running and cross-country skiing, snowshoeing is one of the fastest growing winter sports!
- Snowshoeing provides a great aerobic workout, burning 360-860 calories per hour.



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