

Winter Workouts

Don't let the weather dampen your spirit

By: Michael Last, MPT
Orthopedic & Spine Therapy of Green Bay

Geese flying overhead, the sound of furnaces kicking in, scraping off automobiles, and taking the winter coat out of hibernation. All are sure signs of winter approaching in Wisconsin. One side effect of the cold weather that is often overlooked is the inactivity associated with the inability to spend more time outdoors. Staying indoors tends to breed couch potatoes and can lead to serious health concerns. This winter, make the decision to improve your health and outlook, all while staying safe during the slippery months.

Benefits

Starting or continuing an exercise program during the darker months of the year can have many advantages to your health, your emotional outlook, and your energy levels.

• Fight Depression

Winter and the lack of daylight can lead to seasonal hormonal changes that can be as simple as the “winter blahs” to more serious forms of depression. Research has shown that exercise increases the circulation of hormones that help regulate mood.

• Increase Energy

Lack of activity, longer periods of darkness, and heavier eating that typically accompany winter can all contribute to feelings of fatigue and sleepiness. Activity, such as a thorough an exercise program, stimulates circulation and helps balance hormones to give you extra energy.

• Improve Your Vitals

Comfort and holiday foods, along with a drop in activity can increase body fat, blood pressure and cholesterol levels. Exercise can help combat these effects and even boost brain function!

If you have any questions or concerns about how a physical therapist can help you start your winter exercise program, or if you are currently dealing with pain and would like to try treatment without pills or surgery, we can help. We offer free consults, and will see new patients within 24-48 hours. Your insurance benefits will be verified at your first visit to prevent financial surprises, and you will see the same physical therapist at each visit.

Keywords: exercise, winter, cold weather, exercise program, depression, fatigue, pain