Outdoor recreation:

- Town playing fields that are snow covered in winter can be a great place to play – snowshoeing, cross country skiing, or making snow forts!
- Check out Vermont State Parks – they stay open all year long, with no fees in winter. Parks are great places to explore this time of year.
- Local wooded trails can be used in the winter. Go out early enough to ensure daylight and watch the time. Dress in layers, make sure to bring something to help grip the snow (snow shoes, Yaktraxs, crampons), and bring some water and healthy snacks.
- Some towns offer places to ice-skate – on ponds, fields that have been turned into rinks, and in some towns, indoor rinks. If skating on outside ponds or lakes, be absolutely certain it is frozen solid. Here are some tips: http://www.dnr.state.mn.us/safety/ice/index.html.
- Many towns have sliding or sledding hills – ask around, someone will know where the best one in your town is. Again, remember to dress in layers, go during daylight, and watch for other sledders!
- Schoolyards and backyards. Pretty much any outdoor open space can be used for wintertime fun!

It can feel great to get outdoors in the winter but do follow safety precautions. Be aware of the weather report, snow and ice depth, bring layers if you expect to be out for a long period of time, have water with you, and let others know where you will be. And remember when it comes to physical activity, small bouts count! Even 10 minutes of activity is beneficial to health.

Indoor recreation:

- Ask if local schools allow residents to use gyms or “walk the halls” when school is not in session (before or after school, or on weekends). If not, see if they can!
- Some towns have ice rinks with “open hours” for community skating. There may be a fee.
- Community centers, libraries, and town halls may have spaces that could be used for activities such as Yoga, stretching, or strength building.

Healthy food:

- Look for winter farmers markets.
- Buy in-season produce at grocery stores and try some new recipes using what you buy.
- Frozen or canned produce with no additives can be just as healthy as fresh. Use frozen veggies in stir-fry’s and frozen fruit in smoothies or thaw and add to oatmeal or yogurt.
- Winter is “soup season”. Soups filled with beans and veggies are a great way to get a nutrient packed, healthy meal! Be sure choose low-sodium and low-fat soups.