



Staying Active in Winter

Staying active in the winter has never been so easy! Love the outdoors? Skating, skiing, snowman-building, fort-making, walking or hiking are great ways to enjoy the winter weather and involve the entire family. Is shoveling the extent of your outdoor fix? Don't forget about the many indoor activities and events Kingston has to offer. [Sign out a Play Kit](#) from Artillery Park, plan a family trip to the pool, a climbing gym, or stay in for a game of charades. Grade 5 and 9 students can use their [ActivPass](#) for free swimming, skating and gym use. Whether you bundle-up to brave the cold or enjoy a snowfall from the comfort of indoors – remember staying physically active is important for our physical and mental health. Find more ideas on the [Kingston Gets Active](#) website or follow us on [Facebook](#).

For a full list of active places around Kingston visit our website: <http://kingstongetsactive.ca/active-places/>



Top Tips for Having an Active Winter Season

Here are some of KGA's tips for having an active winter season!

1. Take the stairs! One of the easiest ways to stay active year round is to forget the elevator and take the stairs as often as possible.
2. Bundle up and head outdoors for a winter walk.
3. The City of Kingston offers plenty of outdoor and indoor recreational activities that are fun for all ages. The activity dates and descriptions can be easily accessed on their [website](#). Try skating at an outdoor rink or Market Square.
4. Joining an intramural sports team or group fitness class is a great way to get active while having fun. Kingston's [YMCA](#) and the City of Kingston offer many winter classes for adults, children, and families to participate in.
5. Active TV viewing is a great way to get moving during cold days inside. Instead of just sitting, do the 'Commericals Workout' - try jogging in place, doing squats or lunges, stretching, or any other form of exercise each time a round of commercials comes on.
6. Home workouts are an excellent way of staying active indoors while

saving money. Thousands of free exercise videos can be accessed online or checked out from the library. Most of these require little to no equipment and can be performed individually or as a family. Or put on your favourite tunes and have a family dance party.

Using Exercise to Prevent Falls

You may already know that regular physical activity can help you remain strong and healthy – but did you also know that the strength and balance skills you gain will also help you prevent falls as you age?

Now that the winter months are here, sidewalks and snow drifts can make it more difficult to get around. But that shouldn't stop you from getting out and enjoying all the great activities Kingston has to offer!

Simple balance exercises such as knee or side leg raises can help prepare your body in the event that you need to balance yourself on a slippery or uneven surface. Practicing step-ups and moving from a sit to stand will help to improve your body's stability for practical things like going up and down stairs or getting out of your car. Try these exercises for 5-8 repetitions a day to keep moving and improve your body awareness. If you feel unstable during any of these movements, hold onto a counter, chair or railing to steady yourself.

Find the activity that works for you! Did you know the Kingston Gets Active website has an [Active Places search tool](#) for finding activities suited to your activity and skill level? The [Resources page](#) available on the website can also direct you to local community groups for healthy, active living such as the Kingston Community Health Centres or the KFL&A Public Health Unit.

For more information on Falls Prevention, check the [KFL&A Public Health website](#).



Physical Literacy Workshop Gets Kingston Moving

What is physical literacy? In December 2016, fifty leaders from Kingston's education, health, organized sport, and recreation sectors came together to participate in a workshop that focused on just that. It is commonly recognized that when learning to read, you start with your ABCs; when learning music, you start with do-re-mi; and when learning numeracy, you start with 123s. Similarly, learning movement vocabulary, sequences, and tasks are instrumental in becoming physically literate. [READ MORE](#)



Kingston Events This Winter

Winter Carnival

February 4, 2017 from 12-3 pm

Location: Molly Brant Public School

Engage in community play and winter fun, alleviate some of the seasonal stress, connect with your community, free BBQ and Horse rides.

Contact: Stephanie Wheeler (613.767.8591 ext. 2169;

email: stephaniew@kchc.ca)

Feb Fest

Thursday, February 2 to Sunday, February 5, 2017

Winter Fun Zone, Public Skating, Skate with the Vees and more!

Family Day

Monday, February 20, 2017

Plan to do something active with your family! Check the YGK website for events as they come up.

Little Cataraqui Creek Conservation Area Events

Check their website for winter events such as the Owl Hoot & Coyote Howl Hike on January 14 (6:30-8:00pm), Saturday cross country ski lessons, the Little Cat Classic Ski Race on January 29, PA Day Programs on February 3 and March 3, a Starlight Snowshoe Hike on February 11 (6:30-8:00pm), Snowshoe Demonstration on February 19, Family Day Skating on February 20, Maple Madness during March and April. Snow shoe and cross country ski rentals are also available. There is a daily entrance fee (\$5.50/adult, \$3/kids under 12, max \$14/car).

Be sure to Run. Jump. Play. Every Day.

And don't forget to quench: Water Does Wonders.



HEALTHY KIDS

COMMUNITY CHALLENGE

KFL&A REGION

Thank You to Our Funders

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