

Stay Fit During The Winter

(NAPSA)—An estimated 61 percent of U.S. adults are overweight, and less than a third of Americans get the recommended amount of exercise. These problems are compounded during the winter, when there is a tendency toward reduced opportunities for outdoor activity.



Snow sports are a great way to stay in shape during the winter.

Winter sports can help adults and children stay fit and maintain healthy lifestyles through the chill, regardless of current fitness level.

“Americans need to be physically active all year long,” says Lynn Swann, chairman of the President’s Council on Physical Fitness and Sports. “The nation’s alarming obesity statistics emphasize the need for programs offering physical activities in winter.”

One such program is Winter Feels Good, developed by Snowsports Industries America (SIA), which promotes the health benefits of non-motorized winter sports. They encourage Americans to get outside and get fit. Learn more about the benefits of winter sports by visiting www.winterfeelsgood.com.

Some of the most popular winter sports are: **Cross-country skiing**—Burns more calories per hour than any other sport. **Alpine skiing (downhill)**—An excellent form of aerobic exercise. **Snowboarding**—Works many muscle groups. **Snowshoeing**—Helps improve strength, speed and agility.