



Staying active in cold weather

Before you start any new exercise routine, talk to your doctor to make sure it's safe. For outside activities, keep extremities warm and be sure that conditions are suitable.

Winter is loaded with the good and the not-so-good when it comes to staying active.

The good: Seeing family and friends during the holidays keeps us engaged. Depending on where you live or may be visiting, walking outside could offer a change of pace. Snowy hills, swaying palms or something in between ground you to nature.

The bad: Too many treats and delicious meals may cause us to overeat. The cold and ice make it hard to get outside to walk off those extra calories.

Remaining active in the winter months is key to preventing unwanted seasonal weight gain. It's time to get creative to keep moving.

Layer up

The right clothing and shoes are crucial for outdoor winter workouts.¹

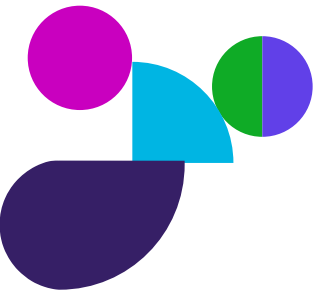
Add:

- An underlayer like long underwear
- A fleece vest, pullover or zip-up
- A jacket, coat or shell with vents
- Boots with good traction or insulated sneakers
- A hat (your head is the biggest source of heat loss)
- Gloves or mittens
- Well-fitting socks
- A neck cover (warmer)

Now that you're ready, follow these tips below to stay active:

Think beyond the walk

Cold-weather sports and activities are a great way to get in your steps. Get out on the rink for some ice skating. Go cross-country skiing or snowshoeing.² Get out the shovel and clear the snow from your sidewalk or driveway.³

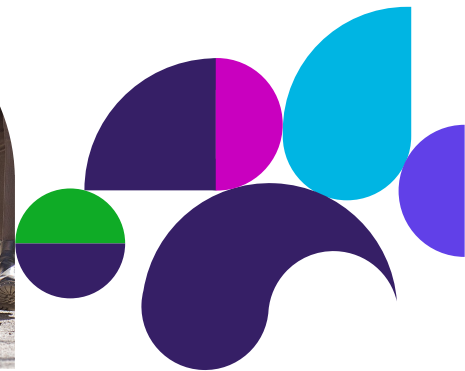


Go on shorter, more frequent walks

Trade your typical 45-minute walk for three 15-minute walks spread throughout the day. The overall step count will be the same, but the walks will be easier to tolerate.

Bring a buddy

It's always easier to get out and about if you've got a buddy to go with you. Pass the time socializing with a friend, or bring your furry pal. Everyone will feel better after a brisk jaunt.



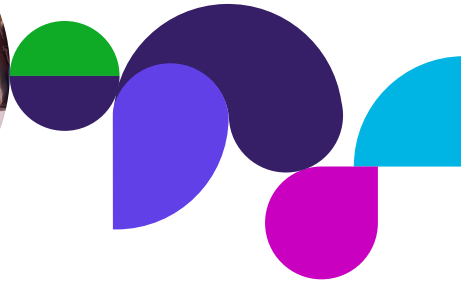
Try an online class or app

If you can't bear to go outside, find a dance, aerobics or other cardio fitness class online or download an app. There are lots of free options these days. The steps can really add up.



Go shopping

Rack up the steps by taking a few laps around your favorite mall or big-box retailer. No one needs to know you're *shopping*, not buying. And you may even find some good winter workout gear while you're there.



Clean your house

An hour of deep cleaning can add a surprising amount of steps. As a bonus, you can relax afterward in your sparkling home.

It's always a good time to increase your activity. Remember to be kind and patient with yourself during these more challenging months.

Not a Livongo member? See if you're eligible for personalized health support at Go.Livongo.com/HEALTHYCOUNTRY/New.

¹<https://www.heart.org/en/healthy-living/fitness/fitness-basics/what-to-wear-when-you-work-out>

²<https://www.heart.org/en/healthy-living/fitness/fitness-basics/warm-up-with-cool-weather-workouts-infographic>

³If you experience any unusual symptoms (chest, back, arm or jaw pain, shortness of breath, lightheadedness, etc.), stop the activity and seek medical attention.

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