

Are You a Grizzly Bear or a Polar Bear?

This time of year, grizzly bears are getting ready to spend 5-7 months in hibernation while polar bears love to stay active in the cooler temperatures. As the seasons change and the weather turns icy, many people also tend to hibernate allowing their activity levels to drop which makes for a long, sluggish winter. Thankfully, there are ways to mimic the active polar bear attitude and avoid turning into a grizzly bear during the upcoming colder months. Here are a few ideas:



1) **Get excited about winter activities** - Wax your skis, sharpen your skates, get a new stick. Whatever it takes so you are pumped up about the activities you haven't done in while.



2) **Join something new** - There are lots of rec leagues in operation during the indoor season and teams are often looking for players. Try indoor soccer, ultimate, hockey, volleyball or even enroll in lessons like power skating, golf, or a winter run clinic.

3) **Savour delicious fall foods** - Look up some healthy new recipes to perfect this fall and winter. Consider homemade soup, stew, chili, apple crisp and more.

4) **Try hot yoga** - Try a relaxing Hot Yin or a more intense Hot Detox or Flow at [Canada's largest yoga studio](#) - nothing is better when it's cool out!

5) **Treat yourself** - Buy a new piece of equipment (skis or skates?) or stock up on winter workout clothing. Better yet, add these items to your holiday wish list and let Santa Claus take care of it!

6) **Workout at home** - Perfect for those days when you really don't feel like braving the weather. Don't have any equipment? All you need is a bit of space! Not sure what to do? [Hire a trainer](#) to make a customized program for you.

7) **Start now** - It's easier to get going today and maintain your routine through the colder months than it is to start something fresh when it's minus 40 degrees celsius.



So there you have it. Don't let your winter be so 'grizzly'!

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