

"Winter Wonderland: 5 Ways Seniors Can Get Active in the Snow"

Winter can be a great time to enjoy the outdoors, try something new and keep moving. Whether you prefer a quiet walk or a more active adventure, there are plenty of ways to make the most of the season.



1. Take a Winter Walk

Bundle up and enjoy a walk through your neighborhood, community grounds or a nearby park. A change in scenery and a little fresh air can make winter days feel more energizing.

2. Try Snowshoeing

Snowshoeing is a fun way to explore snowy trails at your own pace. Look for beginner-friendly paths or local outings that make it easy to give it a try.

3. Go Cross-Country Skiing

For those looking for a little more activity, cross-country skiing can be a great full-body workout and a beautiful way to enjoy winter scenery.

4. Make It Social

Invite friends to join you for a winter walk, outdoor event or seasonal activity. Staying active can be even more enjoyable when it becomes a chance to connect.

5. Explore Something New

Winter is a great excuse to try a new hobby, from birdwatching and photography to a community outing or seasonal fitness class.

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Enjoy Winter Safely

Dress in warm layers, wear supportive footwear and pay attention to snow and ice conditions before heading out. Choose activities that match your comfort and ability level.

Make the Most of Winter

At Covenant Living Communities and Services, residents have opportunities to stay active, engaged and connected all year long. Through the LifeConnect® Wellness Partnership, residents can explore activities that support their individual interests, abilities and goals.

Discover how Covenant Living makes every season an opportunity to live well.

Learn more about our family of communities by visiting [CovLiving.org](https://covliving.org/)