

# Health Unit Media Release



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## How do you measure your health?

What's more important to you - a number on a scale or your health?

Most people would answer that their health is most important. The two don't always go hand in hand. Someone can be very slender, and still have health concerns due to inactivity and unhealthy eating habits. And someone else, though a few pounds heavier, is healthy as a result of eating healthily and getting regular physical activity.

It is difficult to stay active through winter. Most of us have a tendency to hibernate, staying indoors away from the cold, usually with our feet up on the couch in front of the television or fireplace. It is not to say a person should not enjoy kicking back and relaxing every now and then, but enjoy this in combination with regular physical activity.

### **Physical activity has many health benefits to our overall wellbeing.**

A few ideas to beat the winter blues and be active this winter:

- Swim at your local pool
- Bowling
- Walk (mall walking for a safer and more comfortable alternative)
- Build a snowman
- Skating
- Cross-country skiing
- Snow shoe or hike on a local trail
- Snow Frisbee
- Tobogganing
- Dance
- Try a new activity at your local fitness center, or
- Try action TV. Do sit-ups, jumping jacks or stairs during commercials

**Or check out the new Winter Active Calendar for low or no-cost activities available in your community. Pick up a calendar at a health unit office near you.**

For questions or more ideas on how to eat healthily and stay active this winter, visit our website at [www.healthunit.org](http://www.healthunit.org) or call our Health Action line at 1-800-660-5853 to speak with a registered dietitian or public health nurse.

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