

## Benefits of Cold Weather Workouts

Don't let the cold of winter and early spring keep you from enjoying an outdoor workout. Being out in the cold can actually be beneficial.

- ✓ You won't overheat, which allows you to go further and build endurance.
- ✓ Boosts mood and fitness from staying in shape year-round and combatting weight gain that comes with eating more and exercising less.
- ✓ Build mental strength by developing the discipline to keep going, even in less than ideal conditions of cold and dark.
- ✓ Fight depression and the winter blues with mood boosting endorphins and exposure to sunlight.

- ✓ Prepare for summer by already being in shape and feeling confident in your appearance, before the summer heat arrives.
  - ✓ Burn additional calories, because of how much harder your lungs and heart work in the cold.
  - ✓ Build tolerance for cold conditions, making you less likely to avoid wintery conditions and stay active.
  - ✓ Be better prepared for upcoming races, since using indoor treadmills, cycling machines and other devices seem to work best for maintaining endurance, but don't prepare you for the conditions of outdoor activity.
- Source: Active Beat, "8 reasons why cold weather running rocks."



## New Year's Fun Facts

The top 3 destinations in the US for ringing in the New Year are Las Vegas, Disney World and New York City. **More cars are stolen on New Year's Day than on any other holiday.**

Visitors to Times Square can write their wishes on official New Year's Eve confetti and add it to the one ton that showers over the crowd during the celebration.

**Good luck foods to eat on New Years Day are black-eyed peas, ham or cabbage, but lobster and chicken are considered bad luck foods.**

In Columbia, Cuba and Puerto Rico a life-size male doll called Mr. Old Year is stuffed with memories of the outgoing year, dressed in family members' old clothes, then set on fire at midnight to burn away the bad memories of the year.

The Time Square New Year's Eve Ball weighs 11,875 lbs, is 12 feet in diameter and gets a new Waterford Crystal design each year.

January is named after Janus, the god with two faces, to look forward and backward.

**resolve.**<sup>TM</sup>

A Personal Challenge to  
make this the best year ever!

Register at  
[Events.HealthCode.Org](https://Events.HealthCode.Org)

Make Your January Activity Resolution a Reality!