

Stay active this winter!

Check out these five ways older adults can get active in the snow



**THE VILLAGE AT
ORCHARD RIDGE**
A National Lutheran Community

During the long winter season, some of us may start to feel like we are trapped in the house, but that's not the case! Staying active during the winter months is a great way to avoid a seasonal slump. Check out these five ways older adults can get active this winter.

Remember: Before going outside you or a loved one should ensure that all extremities are covered up and protected in cold weather. Don't forget your hats, gloves, jackets and maybe some hand warmers!

1. Take a walk

Bundle up and venture outside during these next few months. It can do wonders for your mental health. Getting some fresh air and exercise allows you or a loved one to improve circulation and lower blood pressure as well.

2. Visit a winter wonderland

Mother Nature is just as beautiful in the wintertime as it is during the other seasons. Check out some of the local nature attractions, like Brookside Gardens or Great Falls Park. This could be a fun time for the whole family!



3. Build a fire

Having an outdoor fire is another good way to get out of the house and spend time with friends and family! Staying social will help fight those feelings of cabin fever. Maybe you even decide to start a spontaneous snowball fight!

4. Holiday baking

With the holiday season around the corner, satisfy your sweet tooth with some festive desserts! From gingerbread cookies to fruit pies the options are endless. Your sweet treats could double as holiday gifts for friends and family.

5. Organize and clean

Finally, clean out that junk drawer in your house or organize your closets! On days going outside may not be an option, winter is the perfect time to give your house a deep cleaning.



Call 540-486-2956 or visit: www.thevillageatorchardridge.org

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