# The Islander Advertorial – December

Headline:

When the Weather Outside is Frightful: Get Moving!

Byline:

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When it’s rainy and cold, folks tend to hunker down inside, grab some warm comfort food or a cup of hot cocoa.

And when those chilly winds start to blow, exercise routines often get stored away for the winter along with the shorts, swimsuits, and bicycles.

That’s unfortunate, because exercising – even indoors – can help you avoid weight gain, relieve stress, and ward off wintertime blues.

Whether you lift light weights, bust out some dance moves, or do yoga, Pilates, Tai Chi, or simple calisthenics, the key is to keep moving.

Before you start any type of indoor workout routine, however, consult a UW Medicine Neighborhood provider, especially if you have a chronic condition like heart disease, diabetes, or arthritis.

And if you feel any pain while exercising, stop. A little discomfort and fatigue is normal, but workouts shouldn’t be painful.

What you *should* feel after a winter full of indoor exercise is stronger and more energetic. Your mood could improve, too, as physical activity increases levels of brain-soothing chemicals like serotonin, dopamine, and norepinephrine.

And if that’s not enough motivation, consider this: being active boosts HDL (the “good” cholesterol) and decreases unhealthy triglycerides; that combination can decrease your risk of cardiovascular diseases.

Regular exercise can also help prevent or better manage conditions like type 2 diabetes, depression, certain cancers, and arthritis.

This winter stay warm by staying fit. A provider at your UW Medicine Neighborhood Clinic can help you find an indoor exercise regimen that’s right for you.