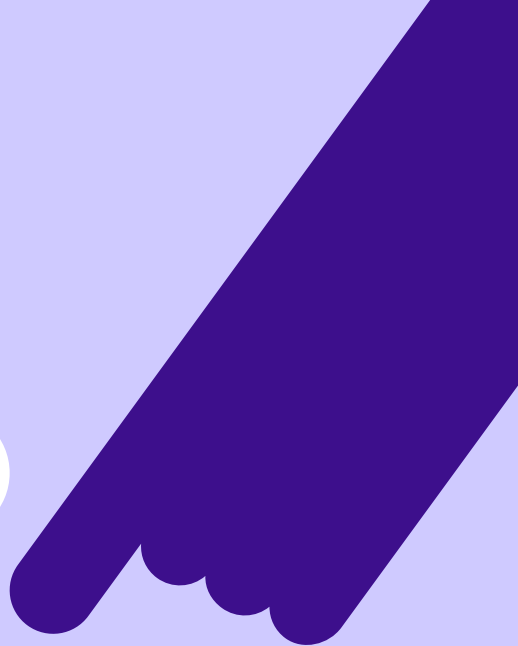


CSSC

**Active
Wellbeing**

**Get outdoors
in winter**



While most people look to stay inside during the winter, for those of us looking to stay active throughout the colder months, the benefits to both mental and physical health of venturing outdoors are huge.

For those hardy souls hoping to increase their activity, but who need a little nudge to budge outside, we've put together a hand guide on staying safe outdoors, together with a few sports to pique your interest.



Your Nudge to Budge.

Skiing, Snowboarding & Ice climbing

Scotland's Cairngorms, Glencoe, or Nevis Range or Cwm Idwal in Wales. These areas offer great slopes and conditions when there's snow, with facilities for all skill levels.



Your Nudge to Budge.

Cycling

Whether on-road or off-road cycling is a great way to increase your activity outdoors. Peak District, Yorkshire Dales, or Forest of Dean offer some of the best trails and terrains.



Your Nudge to Budge.

Hiking & Walking

Walking is one of the most inclusive ways to increase your winter activity. But for those looking to stretch themselves, the Lake District, Snowdonia, or Brecon Beacons offer fabulous routes and scenery.



Your Nudge to Budge.

Trail Running

You don't need loads of fancy equipment to go for a jog or run and you can start simply with just a few minutes.

The crisp fresh air on the South Downs, Dartmoor, or Hadrian's Wall make for trails.



Your Nudge to Budge.

Wild Swimming

For the ultimate brave the cold experience you could give open or wild swimming a try. Take advice on your first try, but explore River Dart, Hampstead Ponds, or Ullswater when you're ready to expand your horizons.



Your Nudge to Budge.

Winter Golf

Many courses stay open year round and offer a peaceful walk while improving your resilience and your stroke. St Andrews, Royal Dornoch, or Wentworth are some of the best around.



Your Nudge to Budge.

Top Ten Tips for enjoying winter, safely

With preparation, the right mindset and safety in mind, winter can be a magical time to explore the outdoors.

1

Layer Up Wisely

Dress in layers to trap heat and stay comfortable. Use a moisture-wicking base layer, an insulating middle layer, and a waterproof outer layer to stay warm and dry.

2

Protect Your Extremities

Wear a hat, gloves, and thick socks to keep your head, hands, and feet warm. Consider mittens instead of gloves, as they provide better insulation by keeping fingers together.

3

Choose the Right Footwear

Invest in insulated, waterproof boots with good traction. Snowshoes or microspikes can also help navigate icy or snowy terrain safely.

Your Nudge to Budge.

4

Plan Your Route

Select trails or outdoor spots suited for winter conditions. Check weather forecasts and trail reports before heading out and know the location of shelters or rest areas.

5

Pack Essentials

Carry winter-specific gear, including a map, flashlight, hand warmers, snacks, and water. A thermos of hot tea or soup can provide both hydration and warmth.

6

Stay Visible

Shorter daylight hours mean visibility can be limited. Wear bright or reflective clothing and carry a headlamp or flashlight to ensure you're seen and can see your surroundings.

7

Know Your Limits

Start with shorter trips if you're new to winter adventures. Cold weather can be more physically demanding, so pace yourself and avoid overexertion.

Your Nudge to Budge.

8

Stay Hydrated and Energized

Dehydration happens even in cold weather. Drink water regularly, and pack calorie-dense snacks to fuel your energy throughout the day.

9

Learn Winter Survival Skills

Understand basic winter safety, such as recognising signs of frostbite and hypothermia. Learn how to start a fire in snow and carry an emergency kit.

10

Embrace the Experience

Enjoy the beauty and serenity of winter and share with your family and friends. There are loads of sports clubs that excel in the winter, from Rugby and football,

**Your Nudge
to Budge.**

