

# Stay Active During Winter Months

Discover ways to be active this holiday season by taking advantage of the many activities winter has to offer. From skiing to shoveling snow, there are many ways to be active during the winter months.

And sledding is more work than you think! Every time you take a ride down the hill, climb all the back to the top – you can burn more calories by pulling a few kids on the sled as you go up! Try sledding for 30 minutes, and you can burn as many calories as a two-mile run.

**Here, Life Fitness breaks down potential calorie burn\* of outdoor winter activities you can try this season:**

**Sledding for 30 minutes:** 250 calories

**Ice skating for 30 minutes:** 230 calories

**Cross-country skiing for 30 minutes:** 300 calories

**Down-hill skiing for 30 minutes:** 210 calories

**Snowboarding for 30 minutes:** 250 calories

**Walking the dog for 30 minutes:** 125 calories

**Shoveling snow for 30 minutes:** 230 calories

And when getting outdoors isn't feasible, hop on your home [treadmill](#) or [elliptical trainer](#) and indulge yourself in a favorite music playlist while sweating off some of those extra holiday treats!

*\*approximations based on an average 145 lbs woman for a 30 minutes of activity*