Don’t Let the Cold Freeze You!
Monday, February 4, 2013

It’s not always easy to stay active in the winter. With snow on the ground, and a chill in the air, working out doesn’t seem as appealing as it does when the sun is shining.

However, staying active in the winter time is just as important as when the weather is warm. Exercising regularly can reduce your risk of heart disease, high blood pressure, and certain types of cancer.

Exercising in the winter can also help cure the seasonal depression that often comes when the leaves lose their color. Exercising can improve moods, increase energy levels, and even help you sleep at night.

Campus Recreation has plenty of ways that you can get your workout fix in the winter months. Intramural sports are going on all semester and include broomball, basketball, softball, and flag football tournaments, as well as indoor soccer, volleyball, and dodgeball leagues. Free Aqua Fitness lessons are offered every Monday and Thursday at 7:00 p.m. in the Lee Hall Pool, and don’t forget about open gym hours as well, which happen every day in both Lee and Swetman gymnasiuims. Check the Campus Recreation webpage for specific open gym hours.

If playing outside is more to your liking, Winterfest will be happening from 1-3 p.m. outside Funnelle Hall on Saturday, February 9th. The once in a semester event will feature a human sled race, build your own toboggan and race, a snow sculpture contest, sledding, and more.

There will also be a Ski and Snowboarding Trip to Bristol Mountain Ski Resort on Saturday, February 16th. Make sure to register by Monday, February 11th at 10 a.m. if you want in on the action.

No matter how you prefer to do it, there are plenty of ways to stay active at SUNY Oswego, so don’t let the cold weather keep you from being happy and healthy this semester.