

THRIVE ONCOLOGY FITNESS PROGRAM

Wellness News | January 2026



Welcome to winter, survivors!

UPCOMING CLASSES:

All classes from 12 to 1 p.m. in HPCC community room

Tai Chi - January 19th

Yoga - January 26th

Weight Training - February 2nd

Strength & Balance Training - February 9th

Tai Chi - February 16th

Yoga - February 23rd

Weight Training & Snack w/ Dietitian - March 2nd

Strength & Balance - March 9th

PATIENT SUCCESS STORY!

A patient recently reached out and was happy to report that after having a very limited exercise background, she is now going to the YMCA 5 days a week! Prior to Thrive, she had never gone to any health club or had traditional exercise her entire life. She said, "Thrive was the best thing that has happened to me!" She is moving her body more than ever and says, "this is the healthiest I've ever been in my entire life!"

TIPS TO STAY ACTIVE DURING WINTER MONTHS

Winter can present challenges for people to stay active, but it is important for your physical and mental health to find opportunities to do so. Subzero temperatures, slick streets or sidewalks, and unfavorable road conditions are all factors that may keep us from going outside or even driving somewhere to exercise. Observing the weather and planning ahead can present you with more opportunities to add physical activity to your week.

Experts recommend a minimum of 150 minutes of moderate activity per week. This can be constructed to fit your schedule but most shoot for 30 minutes a day, 5 days per week and add more in duration when possible.

TIPS TO STAY ACTIVE WHEN ITS COLD:

- ✓ Take walks when weather allows - When it warms up enough to get back outside, take advantage of a day when you can tolerate being out and about.
- ✓ Consider exercise videos online - Free or low-cost videos are available to give you a variety of options to exercise in-home. These videos can range from yoga to weight training to simple stretching and breathing demonstrations.
- ✓ Chore Day - When the weather does not allow you to get out, simple tasks like vacuuming, cleaning counter tops, and sweeping give you movement. Even things such as going up and down stairs to do laundry add steps throughout your day.
- ✓ Walking indoors - If weather continues to keep you inside, consider finding a place to walk out of the elements. This could be a mall, a grocery store, a hospital, or even sky bridges that are typically open most of the day.



HEALTH BENEFITS OF BEING OUTSIDE IN THE WINTER

Some of us wait for spring to return outdoors, but studies indicate we should not hesitate to get outside. There are multiple mental and physical benefits of being outside in the winter, regardless of temperature. These benefits include:

- ✓ **Bone Health** - Being outside and making sure your body is getting enough vitamin D helps absorb calcium which keeps your bones healthy.
- ✓ **A Healthy Heart** - Activities such as walking in colder temperatures and shoveling make your heart work harder to pump blood. In doing so, this helps strengthen the muscles that support your heart.
- ✓ **Improved Sleep** - Getting outside and receiving natural sunlight can promote better sleep regulation.
- ✓ **Stress Reduction** - Being outside is linked to lower stress levels and increased participation in social activities.
- ✓ **Increased Physical Activity** - Some people tend to be more inactive during the winter months. Exercise and being physically active in colder temperatures is typically a harder workout which can increase your metabolism and burn more calories.

Even brief moments of being outdoors can offer these benefits, so don't tell yourself you have to be outside all day to receive them.