

The Importance of Children Getting Exercise During the Winter

As the winter season settles in, it's easy for children to become less active and opt for indoor activities. However, maintaining a regular exercise routine is crucial for their overall health and well-being. Winter play does come with temperature related risks. As temperatures fall below freezing the risk for frostbite and hypothermia increases. Ensure that children are dressed appropriately by minimizing exposed skin. Here in Southeast Ohio, we do experience cold temperatures paired with wind chills that can reach 0 degrees or lower. In these extreme situations outside play should be limited or simply not an option.

Either indoors or outdoors, regular exercise during winter helps children maintain their physical health. It boosts their immune system, reducing the risk of common winter illnesses. Free play or organized games can provide excellent cardiovascular exercise, strengthen muscles, and improve coordination.

Exercise plays a vital role in supporting children's mental health, especially during the winter months when they may experience seasonal affective disorder (SAD) or cabin fever. Physical activity stimulates the release of endorphins, which promote feelings of happiness and reduce stress and anxiety. It also enhances cognitive function, concentration, and memory, leading to improved academic performance.

Participating in winter sports and group activities encourages children to socialize and develop valuable interpersonal skills. Whether it's simple activities or joining a winter sports team, these activities foster teamwork, cooperation, and communication. Regular exercise also helps children build confidence, self-esteem, and resilience, promoting positive emotional well-being.

Winter often tempts children to spend more time indoors, engaging in sedentary activities like watching TV or playing video games. Encouraging exercise during winter helps strike a balance between screen time and physical activity. Limiting screen time and providing alternative options can keep children engaged and active during the colder months.

The winter season should not be a barrier to children's physical activity. Regular exercise during this time provides numerous benefits for their physical health, mental well-being, and social development. My family enjoys walks checking trail cameras, this allows us to be together as a family, get exercise and fresh air. Cold weather is common in our region, let's embrace the winter season and make it a time of fun, adventure, and fitness for our children.

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