

Additional Winter Activities

These can be used to create your own active calendar or enhance winter activity.

START A WALKING CHALLENGE – Find a Beginning Walking Program resource in the Health Care Provider Toolkit <https://www.gov.nl.ca/tcar/recreation-and-sport/client-resources/>

TRY CROSS-COUNTRY SKIING or SNOWSHOEING – contact your local recreation provider to find out about local trails and rentals in your area. More information can be found at <https://www.newfoundlandlabrador.com/trip-ideas/travel-stories/snowshoeing-cross-country-skiing-newfoundland-labrador>

GO ANIMAL TRACKING OR BIRD WATCHING - Look for tracks or signs of animals. Learn more at <https://naturenl.ca/links/>

TAKE A WINTER PICNIC - Enjoy a healthy lunch outdoors. Information on healthy snack options can be found at <https://recreationnl.com/eat-great-participate/>

ENJOY STAR GAZING – take a walk with a special friend to look at the stars or find out if there is an astronomy group in your area? Apps and websites to help you find planets and patterns in the stars can be found at <https://rasc.ca/websites-and-apps>

GO ICE SKATING – Don't forget your helmet. List of arenas can be found on the Recreation Facility Locator <https://recreationnl.com/recreation-facility-locator/>.

PARTICIPATE IN A WINTER SCAVENGER HUNT – find a resource at <https://activeforlife.com/resources/>

LET'S STROLL - A brisk winter stroll is a great way to get moving, especially during the work day. Learn more ways to get active at work in the Work Better in Active Spaces and Places Toolkit <https://www.gov.nl.ca/hcs/files/healthyiving-pdf-work-better-active-spaces-places.pdf>

MAKE A SPLASH – Many aquatic centers are open year-round. List of aquatic facilities can be found on the Recreation Facility Locator <https://recreationnl.com/recreation-facility-locator/>.

Visit your municipality to find out about local winter carnival/festival and events you can take part in.

GET FIT AS YOU SIT – whether at work or while watching your favorite TV show you can add activity to your day. Find the Get Fit as You Sit resource and video in the Health Care Provider Toolkit <https://www.gov.nl.ca/tcar/recreation-and-sport/client-resources/>

Find snow painting and a variety of other games at <https://activeforlife.com/active-games-to-play-snow/>

Try to complete all the activities on the Cold Weather Activity Checklist <https://www.gov.nl.ca/tcar/files/ColdWeatherActivityChecklist.pdf>

Find workouts and more active living resources at <https://www.gov.nl.ca/tcar/recreation-and-sport/participation-partnership/>

If you can't get outside, bring the outside indoors. Some ideas to have fun inside while still enjoying winter can be found at <https://www.ctnsy.ca/News-Stories/Stories/Stories-Section/Indoor-and-Outdoor-Winter-Fun-for-Families.aspx>

Additional Safety Resources:

Dressing Kids for Winter resource can be found at <https://activeforlife.com/resources/>

If you are going on or near nature ice. Make sure the ice is safe. Learn about ice safety at <https://www.lifesavingnl.ca/water-safety/cold-water-and-ice.aspx>

Find the Winter Well NL Active Calendar at <https://recreationnl.com/2025/01/winter-well-nl/#WinterWellNL>

