



Winter Well NL Pre-Written Messages

Social Media:

Start February with an active plan. Print your Winter Well NL Active Calendar(s) at <https://recreationnl.com/2025/01/winter-well-nl/> #WinterWellNL

Physical activity has many health benefits. Find ways to get active in February using the Winter Well NL Active Calendar. <https://recreationnl.com/2025/01/winter-well-nl/> #WinterWellNL

We want to hear from you! Share how you are getting Winter Well in the comments or #WinterWellNL

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/> #WinterWellNL

Make a splash this winter! Yes, you can swim in winter. Find a list of local aquatic facilities on the Recreation Facility Locator <https://recreationnl.com/recreation-facility-locator/>. #WinterWellNL

Strap on your helmet and lace up your skates! Find a list of local arenas on the Recreation Facility Locator <https://recreationnl.com/recreation-facility-locator/>. #WinterWellNL

Dark evenings are great for enjoying your backyard. Invite your friends for a game of spotlight or burst out some glow sticks for an outdoor party and see what games you can create! #WinterWellNL

Some food just tastes better outside! Grab a friend for an outdoor picnic. Find healthy options on Eat Great and Participants Facebook page <https://www.facebook.com/eat.great.participate> #WinterWellNL

No snow, no worries! Find a list of outdoor winter activities that don't require snow at <https://activeforlife.com/outdoor-winter-activities-for-kids-no-snow/>

Keep your active plan going! Tell us in the comments how you plan to be active in March and April. #WinterWellNL

Email or website post:

Subject: Winter Well NL 2025 resources

Winter arrives every year, bringing snow, frost, chills and sometimes thrills. It's a season that divides us into winter lovers or haters. Regardless of which camp you lean into, staying active during winter is a healthy way to either endure the season or embrace it.

Check out these great resources to help you, your family and friends stay active this Winter and promote winter activity in your community!

Winter Well NL Resources at <https://recreationnl.com/2025/01/winter-well-nl/>

Resources include:

- Printable Active Calendar with an activity for each day of February.
- Printable blank Active Calendar to write the activity you completed each day on OR to use within a program.
- List of activities with links to online resources for more information.