

Mission: To facilitate healthy aging by providing leadership and encouraging collaboration in creating age-friendly places (communities) that optimize the ability of all older Manitobans to do the things they feel are important.

Communities
Committed to
Healthy Active Aging

Staying Active in the Winter!

Don't let frigid temperature deter you from getting out of the house and enjoying the fresh air! Incorporating regular physical activity is essential for older adults to take care of their health.

Physical activity can improve mood and sleep, lower risk of disease, and help to decrease pain. Activities can be as simple as a walk! What kind of safe fitness activities are available in your community?

In **Swan River** they use the golf course paths for cross country ski trails which are groomed by the Swan River Trail Association. They also have some groomed trails around their museum site.

Binscarth also uses golf course paths for walking trails which are maintained by the municipality. They are set out in a "figure 8" so people can have more choice on the distance they walk.

What fantastic ways to make use of existing areas! We love hearing about and sharing these great ideas! Have a story you'd like to tell? Please consider sharing it with us!

Special Reminders!

Avoid falls. Sidewalks can be slick in the winter, so try to avoid walking outside when it is icy. When you need to walk over ice, take small, short steps to prevent slips.

Know your limits! Avoid strenuous labor in the cold. For example, shoveling your driveway. Take breaks when needed or ask for assistance if you need to clear your driveway of snow.

Vary your physical activity. Keep your activity interesting by changing how you are physically active.



Five Tips for Exercising Safely During Cold Weather



Don't let falling temperatures stop your outdoor exercise plans. You can walk, ski, ice skate, shovel snow, and more.

Take a few extra steps to stay safe:

1. **Warm up and cool down**, such as stretching or walking in place, to prepare and restore your muscles before and after a workout.
2. **Pick the right clothes.** Dress in several layers of loose clothing to trap warm air between them. Wear a waterproof coat or jacket if it's snowy or rainy, and don't forget a hat, scarf, and gloves.
3. **Be extra careful around snow and icy sidewalks** so you won't slip and fall. Wear sturdy shoes to give you proper footing.
4. **Learn about the signs of hypothermia**, a drop in body temperature that can cause serious health problems.
5. **Check the forecast.** If it's too windy, cold, or wet outside, consider an indoor workout instead using an online video or your own routine.

WINTER DRIVING



When winter arrives, we can have a difficult time changing our driving habits to suit the conditions of snow and sleet. Inappropriate speed, reduced visibility, following too closely, sudden acceleration or braking, and poor vehicle maintenance are all reasons why Manitobans report more crashes in winter months.

Speed and slippery roads - In winter, traction is reduced affecting your ability to get out of snow, make a turn or stop. As a general rule, stopping distance is doubled on wet pavement, tripled on packed snow, and up to 10 times longer on an icy road. Ice on roads at -1C is twice as slippery as ice at -18C.

Slow down - Slowing down will maintain traction and decrease your total stopping distance. Posted speed limits are the maximum recommended speed for ideal conditions only.

Leave earlier - Avoid the temptation to drive too fast for conditions by giving yourself extra travel time.

Drive smoothly. - Ease up on the accelerator to avoid slipping in the wrong direction, or spinning your tires and getting stuck. Brake gently to prevent loss of traction. When turning, steer the wheel just enough to follow the path you intend. Don't brake and turn the wheel simultaneously - this can cause you to lose traction.

Brake sooner - Brake sooner than you normally would to allow more space to stop. Risk of injury is high at intersections where ice tends to build up, and where there may be pedestrians or other vehicles sliding into your path.

Leave distance between vehicles - Leave plenty of following distance between you and the vehicle in front. The recommended safe distance in ideal conditions is four seconds; on highways allow for six seconds. In poor conditions, leave more time. Learn how to determine a safe following distance.

Know how to recover from a skid - If your wheels start to slide, look and steer in the direction you want to go. Take your foot off the accelerator and off the brake. Gently steer and counter-steer until your vehicle lines up with where you want to go. As you begin to regain control, gently apply the brakes (for rear wheel skid) or the accelerator (for front wheel skid).

Don't use cruise control - Cruise control isn't intended for winter driving. If your vehicle loses traction, cruise control will cause the wheels to rapidly spin and accelerate at the worst possible time.

Emergency supplies - Keep a cold-weather survival kit in your vehicle. Include a candle and matches, water, non-perishable food, a first aid kit, flares or reflectors, booster cables and a shovel, an ice scraper, warm clothes, boots and blankets.

If you are stranded - If stranded, immediately contact 911 for assistance, turn on the vehicle's four-way flashers, and remain in your vehicle until help arrives. Ensure that your tail-pipe is not covered or blocked with snow to reduce risk of carbon monoxide poisoning.



Many great trails can be found all across our province!

Check out the links below to discover where they are! Happy Trails!

<https://www.trailsmanitoba.ca/>

<http://prairiepathfinders.mb.ca/>

<https://www.winnipegtrails.ca/trails-maps/>

<https://greenactioncentre.ca/jackfrostchallenge/>



Wishing you

Good Tidings of

Comfort & Joy!

Looking forward to continued connections in 2023!



CONTACT OUR CONSULTANTS

Don Fletcher

Mary Mitchell

Jim Hamilton

Connie Newman

Louise Hutton

Brenda Tonn

Through MASC - Connie Newman at (204) 792-5838 or info@manitobaseniorcommunities.ca and hello@agefriendlymanitoba.com or visit our website: www.agefriendlymanitoba.com



Like this newsletter? Please share it with others in your community.