Winter Workouts!

Winter makes it challenging to find motivation for an awesome workout! With the new year upon us, it can also be difficult to find your place at the gym—don’t get too worked up yet :) There are a lot of fun ways to be physically active that don’t involve traditional gym equipment. It’s the perfect time to gear up and get fresh air while trying something new!

Fast Facts

- The average high temperature in Grand Forks during January is 15 degrees F.
- You are still at risk for becoming dehydrating in the winter! Make sure to have fluids on hand, even when it’s cold!
- To burn the calories in 1 M&M you need to walk the length of a football field.
- Hypothermia is a real risk in North Dakota. Make sure you have proper winter gear before heading out the door—even when walking to class!
- Sledding is also known as sledging or tobogganing.
- Speed skaters can move as fast as 31 mph!
- There are 15 different sports featured in the Winter Olympics.
- The earliest examples of skis were found in Russia from 5000 B.C.E.
- The first winter Olympics were held in 1924.
- The lowest temperature recorded on earth was –128 F.
- A curling stone or rock can weigh between 38-44 pounds!
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Holiday Weight Gain—Flux No!

“Energy balance” happens when calories consumed is matched by calories expended. When a person is in energy balance, he or she neither gains nor loses weight.

“Energy flux” refers to the rate of energy consumption and expenditure. When a person has a high energy flux, he or she expends a lot of calories (likely through lots of physical activity), and he or she also consumes more calories to fuel the energy expenditure.

There are many ways our bodies regulate appetite and humans evolved to live physically active lives – a sedentary lifestyle is unnatural. Research has demonstrated that energy balance is most likely to occur at higher rates of energy flux.

What’s Happening at UND?

- January 18th—No Classes!
- MLK Red River Valley Celebration
  10:30 Unity Walk @ Central High
  12:00 Program @ Empire Arts
  12:00 Fellowship & Food
  1:30-2:30 Community Service

Love Your Body Week Events!

- January 18-29th
- Feel FANTAstic!
- LYBW Event @ the Union
  11:00-2:00 PM
- DIY Spa Night
  January 25 @ 5-7:00 PM
  Wilkerson Commons
- Lunch & Learn
  January 27th @ 12:00-1:00 PM
  International Centre
- Media Manipulations
  January 27th @ 4:30-6:30 PM
  Wilkerson Commons
- Cheap, Fast, & Healthy
  January 27th @ 5:30-6:00 PM
  Culinary Corner
- Fabulous Fondue
  January 28th @ 11:00-1:00 PM
  Memorial Union
- Late Night—Game Night
  January 30th @ 10:00—12:00 AM
  Wilkerson Commons

What to do in Grand Forks and UND?

- Ice Skating: There are quite a few areas in Grand Forks to skate! Parks: University, Riverside, Optimist, Lions, Lincoln Drive, Kelly, Jaycees, Exchange Club, Elks, Cox, and Ben Franklin. Not to mention several schools and the Downtown Location!
- Cross Country Skiing is a great way to stay fit in the winter! Get FREE 1 Day ski rentals at the Outpost at UND and Ski UND!

Other ideas:

- Jump Your Way to Fitness at a Trampoline Park
- Try Rock Climbing at the Wellness Center
- The Circuit Deck provides a quick workout with some privacy
- Outpost offers outdoor rental gear from snowshoes, skis, and skates
- Yoga, pilates, boxing bags, basketball, volleyball, and so much more
- Swimming at the Hyslop
- Indoor and outdoor walking trails at UND
- Build a snowman or an igloo
- Bring your friends along to join the fun

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