



Exercise during winter by getting out — in the great indoors

By **NANCY SUNDSTROM**
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When it comes to winter, health and exercise experts have one common piece of advice — don't let your fitness routine wane because snow, ice and blustery winds have arrived. Instead, change your routine to fit the season, which most likely means taking it indoors. Avoiding gaining weight during winter can be tough, especially since we tend to spend more time inside during winter, have less daylight and more obstacles to contend with to be outside and often wind up opting for comfort foods in our diet.

Over the years, even gaining a pound a winter adds up and the only means to combat that



Record-Eagle/Elizabeth Conley

Dave Wenzel of Traverse City uses one of the many machines available at the Grand Traverse Bay YMCA.

are a combination of healthy eating and exercising during the cold weather season.

One of the most common ways to accomplish this during the cold months is to work out at a gym, most of which offer a wide range of equipment and program options. But there are also other organizations and resources available for the public and at a fairly nominal expense.

"When you think about it, winter isn't for the faint of heart," said Tim Schreiner, director for Grand Traverse County Parks & Recreation, which operates the Grand Traverse County Civic Center. "In addition to just staying fit, you need to be in shape for things like shoveling snow and sports like skiing. We definitely see more people using our facility during the winter."

At the Civic Center, one of the main draws is the pool, which has several different options for swimmers, including open swim for all ages, adult laps and lessons. There is also a senior citizen swim every Monday and Thursday, plus growing enthusiasm for



Record-Eagle/Jim Bovin

Working out at a gym can be a reasonable exercise option during Michigan's unpredictable winter months. Here, Cindy Betts does sitted leg curls at Traverse City's Powerhouse Gym.

the aquatic exercise program. That is held on Monday, Tuesday, Wednesday and Friday from 9-9:50 a.m.; Monday, Tuesday and Thursday from 11-11:50 a.m.; and Monday, Wednesday and

Friday from 8-8:50 p.m. The Civic Center's ice arena is operated by Centre Ice and skaters can participate in public skating, adult skating and drop in hockey. For more information, call the Civic Center at 922-4818.

"The swim and skating sessions are always busy, but always have room for more," said Schreiner. "We have a lot of regulars, but for people who aren't familiar with us, I'd like them to know that the County owns 1,600 acres on nine different properties and people are welcome to bring their programs to them. And if you do want to recreate outside, we

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