



Wintercity YXE

How to Make the Best of Winter

Get outside and enjoy the fresh air even on the coldest of cold days! Here are some tips for success:

Keep it brief

When it's very cold, keep your outdoor time limited and take warm-up breaks inside when needed. Watch for signs of frostbite and notice how you are feeling; if you're chilled, it may be time to go inside. Make sure you are bundled up! Although you might spend more time putting on your winter clothes and outerwear than you do outside, the fresh air and change of scenery is healthy for bodies and minds!

Keep moving!

Consider having a plan before you head out and make sure to keep it fun. Moving around and keeping interested goes a long way to enjoying being outdoors in winter. Visit saskatoon.ca/winteractivities for a list of outdoor winter activities, or try some backyard ideas like: target practice with snowballs, making snow angels or a snow maze, or building a snowman. Tourism Saskatoon's blog at tourismsaskatoon.com/blog/home has some great articles on fun and inexpensive winter activities in Saskatoon, including [A Saskatoon Guide to Ditching Netflix and Enjoying Winter](#) and [Things to Do in a Winter Slump](#). Whatever you choose, be safe and have fun!

Stay dry

This one is important. If you're going outside in winter for activities, bring along some extra winter items, like mitts, neck warmers and socks. If you or anyone with you gets wet or damp from sweat, you are prepared with extra dry items to keep you warm and comfortable. Try to use wool garments instead of cotton, whenever possible. For more tips on how to dress for winter, see the *How to Dress for Winter* "how to" resource.



Invite family and friends

Organize an outdoor game of hockey, football or soccer in the snow with family and friends or go tobogganing on one of the many toboggan hills in Saskatoon. Visit saskatoon.ca/tobogganhills for the list of hills. It's a great way for all-ages to be active and enjoy the fresh air and sunshine together.



Winter staycation, anyone?

Ever tried a winter staycation here in Saskatoon? Read Tourism Saskatoon's blog post [Outdoor Winter Staycation in Saskatoon](http://tourismsaskatoon.com/blog/home) at tourismsaskatoon.com/blog/home about the 24-hour winter getaway a local girl had with her mom. From kick sledding to enjoying a sunset patio beer to feeding the chickadees at Beaver Creek Conservation Area, these ladies weren't going to let the cold stop them from having fun.



Enjoy a warm drink

One of the best parts about winter is enjoying a hot cup of tea, coffee, cider or hot chocolate. It will warm you up and put a smile on your face at the end of a snow day. If you have an insulated beverage mug, you may want to pack everyone a hot drink to take along.

