

8 Outdoor Winter Cardio Activities

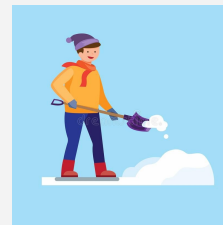
There are many activities that you can take advantage of outdoors in the winter.

Try one today!

Walking/Hiking



Shoveling Snow



Cross Country Skiing



Ice Skating



Sledding



Build a Snowman



Make a Snow Angel



Snowshoeing

