

In Motion Newsletter Winter 2010

Highlights from the Winter 2010 issue of In Motion: Good Cold Weather Gear Keeps Winter Exercisers Dethawed and Active • Exercising During the Holidays Minimizes Stress • Energy Bars Source of Nutrients but Not Meal Replacement • Boot Camp Workouts Kick Fitness Up • What to Look for in Running Shoes • Early Ski Season Conditions May Keep You On the Slope More

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