Indoor Workouts for Winter Self-Care

When it comes to staying in shape during the winter months, it can be difficult for many reasons. From attending holiday parties to battling the cold weather, it can be hard to stay motivated during this time. However, if you're determined to feel good despite the winter blues, the good news is there are many great indoor workouts you can do until spring arrives. So, if you're ready to keep your muscles toned and your mind sharp, here are the best indoor workouts for winter self-care.

**Spin Classes**

If you enjoy cycling but don't want to have cold air hitting you in the face or deal with black ice on the road, consider taking a spin class at your local gym. Very intense workouts, they can help you burn hundreds of calories while making sure you get a great cardio workout at the same time. In addition, they'll help keep your legs strong over the winter, so you'll be in great shape when spring arrives.

**Indoor Rock Climbing**

On the other hand, if you're looking for a non-traditional workout that will stimulate your muscles and your brain, try some indoor rock climbing. Growing in popularity, indoor rock climbing walls can be found at many gyms across the country. Along with strengthening your arms, shoulders, back, and legs, you'll also keep your cardiovascular health at a high level, while having to use your mental prowess to decide the best spots to put your hands and feet in an effort to reach the top of the wall.

Dancing

In case you haven't noticed, dancers are some of the most physically-fit folks you'll ever meet. Therefore, if you want to get in shape over the winter, have some fun, and make some new friends along the way, try taking some dance classes. Whether you want to learn ballroom dancing, do the tango, or even go retro and learn some disco moves to satisfy your Saturday night fever, dancing will be a great way to spend the winter months.

**Yoga**

Always seen as a great way to tone your body and mind, yoga not only improves your strength and flexibility, but has also been shown to reduce stress, fatigue, and anxiety. Whether you take a class at a local gym or yoga studio or choose to go it alone at your home, this workout will keep you motivated through the winter and also help you feel better in your personal and professional life.

**Dodgeball**

A favorite game when you were taking gym class in school, dodgeball has become a favorite of many adults in the past decade or so. Able to be played with just a few friends or as part of a rec league, it will keep you fit physically and mentally. From a physical standpoint, you'll burn calories running and ducking your opponent's throws. And mentally, you'll work your brain trying to figure out which way to move to avoid getting hit by the ball, which will make the game even more fun and beneficial.

While it can be difficult to take care of yourself in the winter, using any of these workouts will make the days fly by much quicker than you ever thought possible. From dodgeball to dancing to rock climbing, you're sure to enjoy yourself each and every time.