

Field Report- Beating the Winter Blues
Shelby Hilson
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Announcer Intro:

It's time to make the best of the snowy season. You may be surprised how fast a little exercise can pull you out of a winter slump.

Script:

Length of report including video: 1 min. 45 sec.

Length of report including video and padding: 1 min 49 sec.

News: Winter is coming and so are the winter blues.

Focus: How physical activity helps beat the winter blues.

It's almost that time of year again. The air is colder, the days are shorter and our energy is dwindling.

Lack of sunlight during the winter months makes it harder for students to get off the couch and stay focused on school.

Humber Fitness Coordinator Leanne Henwood-Adam says physical activity is the best way to beat the winter blues.

Clip: "A lot of people experience SAD during the winter months, because of not having as much light in the winter and exercise can definitely help that."

(SUPER: 33 Sec. Leanne Henwood-Adam, Fitness Coordinator)

The Humber gym and fitness classes are free to all Humber and Guelph-Humber students.

Simple activities like going for a walk, playing in the snow and sledding can also help to keep you motivated.

Student Clip: "Oh I love the winter, it's my favourite season because you get to ski, snowboard, snowball fight, are you kiddin'?"

Student Clip: "I go to the gym, and stay active."

President of Humber's Ski and Snowboard Club says he looks forward to the cold season.

Clip: "It's pretty much being outdoors, just the speed that comes along when you're doing 80 km to 100 km an hour going down the hill. It's a thrill you don't get at school

from just hanging out with your friends. I don't know, when you're doing 80 km and you don't know if you're going to land it."

(SUPER: 1 min 16 Sec. Chris Zieba, President of Ski and Snowboard Club)

One activity everyone can get involved in at little cost is ice-skating. Most arenas have a public skate at least once a week.

Stand Up:

Whether it be skating, snowboarding or just taking a walk, staying active will help keep your spirits good in bad weather.

With more energy, staying focused on school won't be as hard.

For the Guelph-Humber Beat, I'm Shelby Hilson

Sources and Research:

I just did some general internet research on Seasonal Affectiveness Disorder and the winter blues. Most of my information came from people talking about how "down" they are in the winter season.