

Autumn and winter with **MultiSport**

A guide to activities
for the whole family



Autumn blues, winter laziness

– although these phrases sound like excuses, they are grounded in facts. Your body's biology did not take shape in the last hundred years, when mankind gained widespread access to heat and light around the clock. The prehistoric internal clock still informs us that rest time is coming.

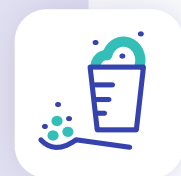
Should we then give up activity, excusing ourselves by saying that “this is our biology and we can't do anything about it”? Absolutely not! There are many reasons to move in autumn and winter, discover new passions, and live life to the fullest. These are also ideal periods to – by taking advantage of the fact that the weather keeps us indoors – spend more time with loved ones. And finally, even in the middle of winter, your diet can be wholesome, and cooking itself can turn into a culinary adventure for long evenings.

There is a reason why so many people love the unique autumn and winter atmosphere. We have created this guide to help you discover activities that can make this time more enjoyable to you.

In theory... Excess melatonin, caused by the lack of sunlight, has a sleep-inducing effect. Levels of serotonin, dopamine and beta-endorphin, which contribute to positive mood, also decline. The diet naturally becomes poorer in fresh fruit and vegetables. But still... Long winter evenings are conducive to discovering new passions. When staying at home more often, we have time to have fun with loved ones. Moments of relaxation enable rest and regeneration. The winter weather encourages sports and entertainment available only for this short time of the year. This is the perfect time for warming teas and cinnamon treats.

The verdict – autumn and winter can be enjoyable!

See how to take advantage of them to live a healthy and enjoyable life.



Part 1.

How to get to like autumn and winter activities?

Cold? Don't give yourself an exemption from PE lessons!

Autumn and winter are the perfect time for sports. Just knowing that it's worth being active isn't necessarily enough to make you move from the couch. So what should you do? Here are a few ideas:

01 Discover something new – paradoxically, this may be easier for you in autumn and winter than in summer. The cold months are the perfect time to try something new – check out a new gym, finally use an indoor pool, or learn to ice-skate.

02 Gather a dream team – it's more fun with loved ones! Maybe it's time to find a joint activity with your partner, spend time with your children in a creative way, or learn something from your family's seniors? Arranging regular training with someone is an excellent motivation.

03 Spice up the known activities – do you ice-skate with your kids? That's great! But how about incorporating elements of figure skating this year?



- 04 **Set yourself a challenge** – maybe it’s time to start counting steps or set a goal of X number of pool lengths swum? Setting goals or team competition is an extremely powerful motivation for many people.
- 05 **Measure your results** – how about measuring your waist circumference or test results before and after an active season as the perfect motivation?
- 06 **Exercise how you like and what you like** – find your rhythm and don’t force yourself to do something you don’t like. We’re talking about both the type of activity and the time of day you do it. Just remember that training too late can cause sleep problems.
- 07 **Reach for a MultiSport card** – easy access to multiple sports facilities can be motivating in itself.
- 08 **Read our guide** – you’ll find inspiration to help you discover new activities.

Autumn and winter outside? You can do it!

In autumn and winter, it’s worth getting inspired by children’s enthusiasm. The leaves are falling? Great, it’s time to run around the park and collect chestnuts (from which you can make figurines). Has it snowed? Quickly, let’s go sleighing or skiing! Of course, in adulthood, we don’t need to copy these activities one-to-one (unless with children, that is).



Rather than that, it is about taking advantage of the opportunities we get from nature. Meanwhile, for those seeking typically sports-related inspirations, we have two fantastic outdoor activities for the whole family.



Nordic walking

The sport was created to support Finnish cross-country skiers who wanted to train effectively all year round. But it will work perfectly even if skiing is absolutely not your cup of tea. This discipline engages more than 90 percent of muscles of the entire body while not putting excessive strain on it (so it can also be practiced by older people or those after injuries or traumas). It helps take care of the figure, increases aerobic capacity, gives energy and relaxes. [3]

Our recommendation: Nordic walking is an activity for the whole family. Ideal for larger groups, but also individuals. It is also recommended for seniors due to its low strain on the joints.



Ice skating

We are not necessarily talking about an outdoor sport here – sports facilities for this purpose are different. Actually, no matter whether in the open air or under the roof, ice skating can be an ideal option for the winter. It improves overall physical and aerobic capacity, muscle strength and fitness. It helps develop coordination, so it is a great sport for kids as young as 4-5. It also improves heart function and lowers blood pressure, making it recommended for seniors. Remember that the ice rink means something different for everyone – some may set their sights on speed, while others may finally fulfill the dream of figure skating. Besides, there is probably no better sport to get into a pleasant winter mood.

Our recommendation: ice skating can have many faces, making it a universal sport. We recommend it for the whole family – from children to seniors. It is ideal for both individuals and couples. You can also go ice skating with the whole family.

Activities at sports facilities



Of course, there are times when weather conditions are simply unbearable. Fortunately, there is a way – sports facilities. Bowling or paintball will be the perfect way to spend an autumn afternoon with friends. Tennis or squash can be a new passion shared with a partner. Or maybe you need a moment to yourself and go to a yoga session? Autumn and winter is a good time to start exploring new activities.

We have selected from the wide range of activities available with the MultiSport card a few that may inspire you right now.

Autumn and winter in the facilities – what sports do we recommend?



Swimming pool

On the one hand, it is relaxing – on the other, it supports fitness and immunity. Swimming – a sport that may be naturally associated with the summer, but turns out to be perfect for the winter, too. Regular visits to the pool help take care of weight, stimulate circulation, correct postural defects, and strengthen muscles. If you want to add variety to your workout, you can also try aqua aerobics (this is ideal for seniors, but will work well as an alternative to classic fitness classes for people of all ages). You can also set yourself a goal, such as swimming a few more pool lengths in one workout.

Our recommendation: the pool is an excellent option for people who do not want or cannot put their joints at risk – so it will be ideal for seniors. On the other hand, as a sport that shapes coordination and posture, it is recommended even for kids. Perfect entertainment for every member of the family.



Gym/fitness classes

Regularity is the key to success. So if you want to maintain the shape developed in the summer, it's worth exercising in the winter. This is also true for people who have been training outdoors on warm days, and can now continue their running plan or bicycle training without the risk of injury on snow or ice. For those who have not exercised before, autumn and winter, on the other hand, are the ideal time to start. During these periods, we are not likely to go on holiday or trips out of town, so it is easier to develop a habit. Let's remember that a fitness club is not only a place with strength training equipment. It's also a cardio zone or a place offering a wide variety of group classes. This makes it easy to find something for yourself there and thus gain motivation.

Our recommendation: the gym is perhaps the most universal option of the sports suggestions. Everyone will find something of interest there. It is also an opportunity to spend time together, for example with your other half or friends. Classes and workouts designed for seniors are also becoming more common.



Climbing wall

While winter climbing in the wild is a sport only for the most persevering, indoor climbing will be a great option for the whole family. Contrary to concerns, it is a safe sport and is recommended even for children. It is also unnecessary to start from the level of an athletic, strong person – even complete amateurs can discover the advantages of a climbing wall. The sport is becoming increasingly popular, and no wonder – it allows to exercise posture, strength and coordination. It will also be ideal for office workers who want to strengthen their shoulders and backs, burdened by a sedentary lifestyle. For many, it can add variety that builds motivation.

Our recommendation – it’s worth encouraging your children to take up this sport or discovering it with the whole family. It will also be ideal for solo exercise.



Trampoline park

It is no coincidence that trampoline rhymes with endorphin. It’s a sport that many of us have dreamed of since childhood. In addition to the obvious mood enhancement, trampolines are also great for fitness. Jumping exercises all muscle groups, improves overall coordination and burns calories (up to 1,000 kcal in an hour!). An excellent option for gloomy days or whenever you want to add variety to your workout to gain new motivation.

Our recommendation: ideal for a family workout combined with fun. It will also work well for those looking for extra motivation to be active in cold weather. Both for the extremely active and beginners.





Roller skating

It used to be a mandatory skill acquired in childhood. Today it is a sport that is slowly returning to favour. And rightly so! Roller skating is a great calorie burner, but also a solid dose of fun. You can practice it in pairs, solo or with the whole family. The effects are always similar – improved coordination and balance and exercising leg and abdominal muscles. And also – importantly in winter – the muscles of the shoulders and back, which are heavily affected by a sedentary lifestyle. An excellent change that will motivate you to move even in extremely foul weather.

Our recommendation: a great addition to regular training, but also an incentive for beginners to take up sports. Roller skates will work well for children and adults (who, by the way, can feel the childlike joy of riding).



Dancing

The perfect combination of sports and passion. It shapes the figure, improves joints, slims you down... and these are only a few of the benefits. Dancing is also the perfect remedy for stress and autumn-winter blues. It allows to express oneself and to discover and exceed one's abilities. It's also an ideal opportunity to meet new people or spend time with loved ones in a new and creative way. Can't dance? Don't worry. With the MultiSport card, you can easily find a dance school that suits your level and needs. If, on the other hand, you've already learned classical dance, for example, it's the perfect time to try out modern. Are you a samba master? Perhaps this winter will belong to the tango.

Our recommendation: ideal for people of all ages, from the youngest to seniors. Competitive dancing can be a strain on the body, but one trained for pleasure will serve anyone. It improves the mood and fitness and adds variety to activity.



Part 2.

The cold season can be enjoyable – time to relax

We have already mentioned that autumn and winter are conducive to the natural need for relaxation.

There is nothing wrong with this, especially since such blissful laziness can be easily combined with taking care of one's health.

The facilities available with the MultiSport card come to the rescue.





Salt cave

We travel a bit less in winter, but that doesn't mean we have to give up the benefits of the coastal microclimate. It is ideally reproduced by salt caves, which are available across Poland. Being in such a room is wonderfully relaxing, but also has a positive effect on the respiratory, circulatory and nervous systems. What's more – you can also expect an improvement in your complexion. How to prepare? All you need is a comfortable outfit, exposing as much of your body as possible – perhaps a top and shorts, or even a bathing suit. You don't need to do any warm-up or stretching beforehand.

Our recommendation – an excellent option for adults, including seniors. Like any such treatment, the use of a salt cave also has contraindications (such as allergy to iodine, hyperthyroidism, acute infections or cancer). However, for most of us it will be the ideal choice for autumn and winter afternoons. Such rooms are often found in sports facilities (usually at swimming pools).



Sauna

This custom came to us from an area where winters are long and harsh. This alone may convince you to make use of it in colder weather. Staying in the sauna helps improve the mood and lower stress levels. It also supports the circulatory system and helps cleanse the body of toxins. Sauna is also recommended after a workout – it speeds up the recovery process and helps relax muscles. However, it is worth remembering not to use the sauna immediately after exercise. How to prepare? It is advisable to expose as much body surface as possible, a towel will come in handy only after the session. In fact, so will water, which is a good idea to have at hand right after leaving the room.

Our recommendation – the sauna is ideal for people of all ages, but there are, of course, some contraindications. We are talking, for example, about heart diseases, venous problems, rheumatic diseases and severe infections. However, as with the salt cave – most of us can enjoy the health effects of the sauna without worry.

With the MultiSport card, you have access

to 40 different activities and more than 4,800 sports and recreational facilities throughout Poland. Discover all the possibilities and personalise your search with our search engine.



Check it out



Part 3.

Indulge in autumn and winter

We often associate autumn and winter diets with warming cocoa, delicious soups or spicy cookies. And that's good! This is the perfect season to add spices more generously than usual and enjoy warming drinks.

But to start with a little note – in autumn and winter we sometimes have dietary stumbles... and no wonder. The body responds to cold weather with higher energy requirements and lets us know it.

What to keep in mind, then?



Weight

Strike a balance between warming treats and balanced, filling dishes that will provide energy for longer. In this way, you will respond to the increased caloric demand. Don't forget about liquids.



Immunity

It is no coincidence that our traditional cuisine includes so many pickles, which are an excellent support for building immunity. It's also worth drawing our attention to Scandinavian cuisine. Oily sea fish contain omega-3 fatty acids and vitamins A and E.



Mood

Cooking and baking together is an excellent idea for spending an evening with family or friends. It is worth inviting children to the kitchen as well. This will not only be a pleasant lesson in healthy habits for them, but also great fun.

Bibliography:

- [1] Aktywność fizyczna a odporność organizmu
- [2] Wpływ aktywności fizycznej na zdrowie psychiczne
- [3] Technika nordic walking: instrukcja chodzenia z kijkami w 3 krokach



Family recipes for autumn and winter dishes

Get inspired by the recipes prepared by dietitian Anna Urbańska, an advocate of a healthy lifestyle with no strings attached.



01 Warming, thick winter vegetable soup

Autumn and winter is the perfect time for nutritious one-pot dishes. Contrary to appearances, soup doesn't have to be just an appetiser before the main course. If balanced well, it is a very filling meal on its own. This is a good opportunity to sneak the power of a variety of vegetables into your menu.

Ingredients (for 6 large servings):

- 2 tablespoons of olive oil,
- 1 white onion,
- 1 red onion,
- 2 carrots,
- 2 small sweet potatoes (400 g),
- 1 pepper,
- 1 stalk of celery,
- 120 g of frozen green beans,
- 100 g of mushrooms,
- 1 small zucchini,
- 100 g of spinach,
- a tin of chickpeas (400 g),
- a tin of tomatoes (400 g),
- 100 g of fine barley groats,
- approx. 1.5 l of vegetable stock,
- 5 cloves of garlic,
- 2 tablespoons of tomato paste,
- 60 g of Parmesan cheese or yeast flakes,
- half a lemon,
- spices: 3 bay leaves, a teaspoon of dried basil, a teaspoon of oregano, ½ teaspoon of thyme, a teaspoon of paprika powder, ½ teaspoon of pepper, a teaspoon of salt.

Preparation:

1. Peel and chop the onions. Dice the sweet potatoes, carrots, pepper, zucchini, celery and mushrooms.
2. Heat the olive oil in a large pot. Add the onions and sauté for a while until soft



3. Add chopped carrots, sweet potatoes, pepper and zucchini. Season with a pinch of salt. Sauté for about 5 minutes. Pour the contents of the pot with stock (adjust the amount so that the stock reaches about 5 cm above the vegetables). Add bay leaves, garlic crushed in a press, groats and all the spices. Bring to a boil and cook over low heat for about 10 minutes.
4. Add celery, mushrooms and beans and cook for about 15 minutes. If you want a soup with smoother consistency, you can now take out the bay leaves and blend the contents.
5. Add tomatoes, spinach and drained chickpeas to the soup. Heat.
6. Season with a pinch of salt and lemon juice and add tomato paste.
7. Serve the soup sprinkled with Parmesan cheese or yeast flakes.

Macronutrients / 1 serving:

- Energy: 306 kcal
- Protein: 13 g
- Fat: 8 g
- Carbohydrates: 42 g

Dietitian's tip: Parmesan cheese is one of the richest sources of calcium. It is the building block of bones and teeth. It is especially desirable in the diet of children and post-menopausal women.

Dietitian's tip: during the infectious season, it is especially worthwhile to take care of the gut microbiome, i.e. health of the microorganisms that naturally inhabit the intestines. This is best done by following a plant-based diet. It is recommended to eat at least 40 different plants per week, and in the recipe for this soup you will find 15 of them already! Healthy gut microbes support natural immunity, help maintain healthy body weight, and can even improve mood and increase resistance to stress.

In the kitchen with a child: when preparing this dish, different coloured ingredients can be an attraction for children. Before cooking, lay out all the spices and vegetables on the countertop and instruct your child which ingredients to add to the pot one by one.

02 Warming moussaka casserole

This is a very universal recipe that will please both adults and children. The dish is inspired by Greek moussaka, but in a healthier, less calorific and protein-rich version. It is filling and warming, but above all – healthy and balanced. This casserole contains few simple carbohydrates, so it can be eaten by people with insulin resistance, for example. The basic recipe contains turkey meat, but in the vegetarian version you can replace it with soybean granules.

Ingredients (for 4 servings):

- 1 eggplant (about 350 g),
- 600 g of zucchini (1 large or 2 small ones),
- 3 tablespoons of olive oil,
- 2 onions,
- 4 cloves of garlic,
- 500 g of minced turkey meat (in the vegetarian version: 200 g of soybean granules and 200 ml of vegetable stock),
- 600 g of tinned sliced tomatoes or passata,
- 2 eggs,
- 200 ml of 2% Greek yoghurt,
- 100 g of mozzarella,
- a handful of leaf parsley,
- spices: a teaspoon of salt, 2 teaspoons of oregano, ½ teaspoon of cumin, ½ teaspoon of cinnamon, ¼ teaspoon of freshly ground pepper, ¼ teaspoon of nutmeg.

Preparation:

1. Cut zucchini and eggplant into slices about 1 cm thick and place on a baking sheet lined with baking paper. Drizzle them with a tablespoon of olive oil and sprinkle with a small amount of salt.
2. Preheat the oven to 200 degrees, put the vegetables in and roast them for about 10 minutes. After this time, flip the slices and roast for another 10 minutes. For the last 5 minutes of roasting, you can turn on the grill function, if your oven has it.



3. If you use soybean granules, pour hot stock over them and set aside for about 10 minutes, then drain the excess stock.
4. Finely dice the onion, crush the garlic in a press, and finely chop the parsley.
5. In a large frying pan, heat a tablespoon of olive oil, add the onion and sauté it.
6. Add meat or drained soybean granules. Sauté until browned, then add the spices: garlic, oregano, cumin, cinnamon, pepper and a pinch of salt.
7. Pour the contents of the pan over the tomatoes and simmer for about 10 minutes, stirring from time to time. Towards the end of simmering, add half of the chopped parsley and mix.
8. Crack the eggs into a bowl, add the Greek yoghurt and mix with a fork to combine the ingredients. Season with a pinch of salt, pepper and nutmeg.
9. Grease a tall heatproof dish with olive oil. On the bottom, layer the zucchini and eggplant alternately so as to use half of the prepared vegetables, forming the first layer of the casserole, then pour the tomato sauce.
10. Place the remaining slices of roasted zucchini and eggplant on top..
11. Pour the sauce made from yoghurt and eggs over them, and sprinkle the top of the casserole with grated mozzarella.
12. Roast at 190 degrees for about 20 minutes until the cheese is browned.
13. Serve the finished casserole with fresh leaf parsley.

Macronutrients / 1 serving:

- Energy: 486 kcal
- Protein: 42 g
- Fat: 24 g
- Carbohydrates: 23 g

Dietitian's tip: leaf parsley is rich in vitamin C, which not only supports natural immunity, but also improves the absorption and assimilation of iron from the whole meal. Vitamin C is sensitive to heat, so only fresh fruit and vegetables are a viable source. In autumn and winter, when the diet is poorer in this vitamin, and the body especially needs it, it is worth sprinkling leaf parsley on all dishes.

In the kitchen with a child: children can help peel parsley leaves from the sprigs, slice zucchini, or arrange successive layers of the casserole in an ovenproof dish.

03 Healthy chocolate mousse with pumpkin

This chocolate mousse can be a simple and delicious dessert or part of the main course (for example, as a filling for pancakes). Not only does it taste good, but it is also really healthy. Tofu provides a dose of protein valuable for active people and essential for the proper development of children. Dark chocolate with high cocoa content is a powerful dose of magnesium, which is responsible for a healthy heart and muscle and brain function. Pumpkin purée with anti-inflammatory spices is a great way to sneak vegetables into the menu of even the biggest fussy eater.

Ingredients (for 4 servings):

- 300 g of natural tofu (preferably soft silken type),
- 400 g of pumpkin, such as hokkaido,
- 100 g of 75% dark chocolate,
- 2 tablespoons of honey, maple syrup or molasses,
- spices: a teaspoon of cinnamon, a teaspoon of turmeric, ½ teaspoon of cardamom powder.

Additions (optional):

- 50 g of hazelnuts,
- pomegranate.

Preparation:

1. Cut the pumpkin into cubes or slices (you do not need to peel hokkaido pumpkins). Place it on a baking sheet lined with baking paper and sprinkle with spices. Place in an oven preheated to 200 degrees for about 35 minutes. Separate the soft roasted pumpkin from the peel with a spoon.
2. Remove tofu from the marinade, drain excess water with a paper kitchen towel and cut it into smaller pieces.
3. Melt the chocolate in a water bath.
4. Place pumpkin purée and tofu in the bowl of the blender (chopper). Blend everything until you get a smooth paste without lumps. Add melted chocolate and honey (or other sweetener) and blend until ingredients are combined.
5. Set the chocolate mousse aside to cool in the refrigerator for at least an hour.



You can use the finished protein chocolate mousse as the base of a healthy dessert. Divide it into portions, transfer it to decorative glasses, and garnish with nuts and fresh pomegranate seeds. The mousse will also work well as a topping for pancakes or waffles.

Macronutrients / 1 serving:

- Energy: 268 kcal
- Protein: 10.5 g
- Fat: 14 g
- Carbohydrates: 23 g

Dietitian's tip: spices such as turmeric, cinnamon, cardamom, ginger and cloves are full of extremely healthy antioxidants. Among other things, they have anti-inflammatory effects and support the immune system. It is worth adding them to sweet and savoury dishes – oatmeal, smoothies, and even sprinkle into tea and coffee. Even small amounts of spices (a pinch, a teaspoon) consumed regularly are a real support for the body, especially in the autumn and winter.

In the kitchen with a child: even small children can handle slicing the soft tofu, separating the pumpkin flesh from the peel and decorating the dessert with nuts and pomegranate seeds.

Health, fitness, good mood – all these can accompany you throughout the year.

Good intentions and motivation are enough to move from the couch. Get started today, regardless of the weather.

- Stay active all year round with the MultiSport card.
- Order a card for yourself and additional cards for your loved ones.
- Discover our range of additional cards: MultiSport Senior, MultiSport Student, MultiSport Kids, MultiSport Kids Aqua.
- Learn more at www.kartamultisport.pl/en/.



© **MultiSport**

With the MultiSport card,

these colder months
can be really hot!

We wish you many unforgettable
memories of your activities,
for you and your whole family!

