Cold Weather Clues

Incoming wind chill! As we head into December, the coldest days are just around the corner. It’s hard to keep up an outdoor exercise routine when the weather turns icy, so here are some tips to help keep you going!

Check the weather
Before going out, check the weather forecast. If there’s snow and ice and the sky is pitch black, then you may want to reconsider exercising outside, and instead try an indoor workout routine.

Hydrate
Even though in the freezing cold, you still may still sweat, especially if you’re exercising. Drink plenty of fluids before and after your exercise session.

Take it easy
Don’t stay out in very cold temperatures too long, and go a little easier than you would in warmer temperatures so you don’t have to pause for a break. Once you stop moving, you’ll cool down quickly and increase your risk of hypothermia.

Plan Your Route
If you’re running, stay away from open roads and waterfronts and detour into areas surrounded by trees or tall buildings. They’ll help block the biting wind and freezing rain!

Clothing
• Dress in layers so you can remove them as you warm up and put them back on if you get cold.
• Make sure your head and neck are covered, because that’s where you lose the most heat.
• When it gets below zero, cover as much skin as possible! The areas of your body most susceptible to frostbite are your fingers, toes, ears, nose, and cheeks, so pay special attention to keeping them warm.
• The best materials are lightweight, insulating, and draw sweat away from the skin. Look for clothing that says something like “moisture-wicking”.