

## Raining Training

You know it's fall in Vancouver when it starts raining. All. The. Time. It sure makes exercising less appealing—but hey, if you can't beat them, join them!



### Should you exercise in the rain?

If it's not unsafe for you to do so, then sure! A light drizzle is okay, but you should probably pass on a deluge with thunder and lightning (in case you happen to be the 1 out of 3000).

### Activities that are less-than-optimal when it rains:

Outdoor yoga, basketball on an outdoor court, swimming at the beach

### Activities that are A-Okay to do in the rain:

Long slow runs, hiking, gentle biking, walking your dog/cat/pig

### How to exercise in the rain

No need to go super intense—you're doing great just by being out there and committing yourself to exercising!

If you're biking, go on a flat route for the safest workout. Pavement gets slippery in the rain, and some bike brakes don't function well when wet. Avoid steep hills!

Avoid headphones, because **a)** they're probably not waterproof, and **b)** the visibility in rainy conditions is low, so you should be more alert with your other senses.

### What to wear in the rain

A **baseball cap** – the large brim keeps the water out of your eyes

**Waterproof** material and **reflective** clothing – keeps you dry and visible in the mist. A light waterproof jacket is good, especially as it gets colder. Synthetic materials dry faster and can also wick away moisture as you sweat.

**Traction** – safety first! Having good grippy shoes or tires will help prevent you from slipping on slick roads and injuring yourself.

**If going outdoors isn't an option, then do an indoor workout routine!** See more articles at <http://www.hr.ubc.ca/health/health-and-wellbeing/fitting-in-fitness/>

**Reference:** Tahseen, I. (n.d.). Go exercise in the rain! - The Times of India. Retrieved September 20, 2015, from <http://timesofindia.indiatimes.com/life-style/health-fitness/fitness/Go-exercise-in-the-rain/articleshow/20957370.cms>  
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