

Tips that Count

Wellness information for your journey to a healthier you!

Tips for Cold Weather Exercise

- Dress for the cold if the temperature is 45° Fahrenheit or lower (especially if the weather is misty or breezy, which will make you feel colder).
- Wear an inner layer of synthetic-fiber long johns, top and bottom, and an outer layer that will break the wind (like a rain suit or tightly knit sweat-suit).
- In very cold weather, add a fluffy middle layer to trap heat, such as a wool sweater or a synthetic fleece-type garment found in sporting goods stores.
- Wear a knit wool cap to prevent heat loss through the scalp.
- Wear mittens (which allow warm air to circulate) rather than gloves.
- Take an extra long warm-up in cold weather, and move more slowly and cautiously than usual.
- Always try to work out with a partner in cold weather, or tell someone exactly where you're going, and how long you plan to be gone.



All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before starting a new fitness regimen.