Tips for Cold Weather Physical Activity

Cold weather doesn’t have to slow you down. To stay safe in the cold, keep the following in mind:

Dress in layers

• Start with a synthetic material, like polypropylene, against your skin. It will draw the sweat away from your body and dry quickly.
• For the second layer, select wool or cotton to soak up moisture.
• Choose the third layer for its ability to keep the cold air and rain out, something lightweight and waterproof.

Don’t lose your head

• Wear a hat to avoid losing heat through your head.
• Protect your feet. Insulate them with warm socks and keep them dry.
• Choose mittens over gloves because the fingers can warm each other.

Drink up – You can become dehydrated in the cold

• Drink before you feel thirsty. By the time you feel thirsty, you’re already dehydrated.
• Water is readily available, inexpensive, and exactly what your body needs.
• Drink water before you go out and bring some with you.
• If your lips are chapped, this means you need more water.

Don’t overdo it

• Cold is a stress on the body. So is exercise. Together they may be too much. Start slowly and don’t overdo it.