



Winter Workouts

During the chilly winter months, continuing your exercise regimen can help keep you healthy and ward off seasonal depression. Along with practicing healthy habits, staying physically active may also help to prevent illness during the cold and flu season, according to the Centers for Disease Control and Prevention. Stay active with these tips for winter workouts.

✓ Safety First

Check the weather and plan outdoor routes in advance to ensure they are safe. Choose athletic shoes with good traction and support to help avoid slips and falls.

✓ Wear Protection

Body warmth can escape through your head, hands, and feet. Wear lined gloves, heavy socks, and a wool cap to stay warm. Dress in a thin layer, then add fleece or wool for insulation, and top with a waterproof, breathable outer layer.

✓ Apply Sunscreen

Even in cold temperatures, you can still get sunburned. If you are heading outside, apply sunscreen that blocks both types of ultraviolet rays—UVA and UVB—with at least 30 SPF, and a lip balm with sun protection.

✓ Warm Up

Cold muscles are at a greater risk for strains and injuries. Warm up with 10 reps each of jumping jacks, arm circles, and lunges, or try yoga before a cold-weather workout.

✓ Stay Hydrated

Because the cold can make you feel less thirsty, you are actually more susceptible to dehydration during a winter workout. Ensure you drink the same amount of fluids as in warmer months to stay hydrated.