

# Don't Let the Cold Slow You Down!

## WINTER WORKOUT TIPS



### DRESS DRY - NOT JUST WARM

In winter, your body can lose heat quickly when you're wet. Skip activewear made of cotton, which soaks up sweat and rain and holds in moisture. Moisture-wicking base layers made of synthetic fibers like polyester, nylon, and polypropylene are designed to dry quickly and move sweat away from your skin. Layer with moisture-wicking and insulating materials, like fleece or down, to help you regulate your body temperature while keeping you dry.

### OPT FOR BRIGHT COLOURS

Choosing bright and reflective clothing is not just a matter of style; it's about safety. With shorter daylight hours in winter, visibility becomes a concern, especially if you're running or cycling. Wearing bright colours and reflective elements on your clothing or accessories increases your visibility to drivers and other athletes.

### CHECK YOUR TRACTION

Snow and ice can create slippery conditions. To prevent accidents, ensure your footwear offers good traction. Consider investing in shoes designed for winter sports or attach ice cleats for extra grip. This will help you avoid slipping and falling during your workout. It's important to stay off the pavement if you're wearing spikes. They're designed to pierce snow or ice, so on paved surfaces, they can impede balance instead.

### DO A LONGER WARM-UP

In colder weather, your muscles and joints may be stiffer and less pliable. To prevent injuries, spend extra time warming up your body. Dynamic stretches, light cardio, and mobility exercises can help increase blood flow and prepare your muscles for more intense activity.

### BREATHE RIGHT

Breathing in cold, dry air can be harsh on your respiratory system. Breathing in through your nose can help warm and humidify air, but that's not always feasible when exerting yourself and breathing heavily. To mitigate this, use a neck gaiter or face mask to warm the air before it enters your lungs. Breathing through your nose can also help.

### REMOVE LAYERS AS YOU HEAT UP

As your workout intensifies, your body temperature will rise. To avoid overheating and excessive sweating, layer your clothing so you can easily remove or unzip outer layers as needed. Staying comfortable is essential for maintaining a consistent and effective workout.

### COOL DOWN AND THEN CHANGE OUT OF DAMP GEAR

After a cold-weather workout, you'll get chilled fast, but you still need to cool down. It helps your body eliminate exercise by-products and reduce potential muscle soreness. It also helps your heart because going straight from strenuous exercise to standing creates stress for your heart. Gradually taper your exercise intensity during the final 5 to 10 minutes. Then, once breathing and heart rate normalize, repeat your warm-up and do some static stretching. Then it's time to get out of your damp workout clothes, which can suck away warmth. A warm shower and dry, clean clothes will keep that chill away.