

8 Tips for Exercising Outdoors in Winter

Stay warm outdoors in winter by following these 10 tips

Dress 'dry' not just 'warm'

The quickest way to lose body heat is when you are wet. Skip cotton clothing and choose clothing that is made from synthetic fibers such as polyester, nylon or polypropylene.

Layer Up

Dress in layers to trap warm air next to you and keep out the elements. Wear a base layer made of synthetic fabrics to wick away the sweat, then add a middle for warmth and an outer layer to keep the elements away.

Opt for brighter colours

It is darker in the winter months, wear brighter colours or reflective clothing so that others can see you easily.

Protect your extremities

Fingers, ears, nose and toes are most affected by chilly temperatures. Wear a hat or headband, gloves or mittens and thick socks.

Protect your skin

Don't forget about the sun, you can still get sunburned in the winter. Even when it is cloudy, UV rays can damage the skin and snow can reflect up to 80% of the UV rays back to your skin. To block out the biting winds, consider keeping your face covered by a scarf or mask.

Check your traction

Stay on plowed or salted surfaces whenever possible. If you are going to be on snowy or icy surfaces, consider attaching snow or ice spikes to your footwear or use poles for added stability - be careful if you are on pavement, as the spikes can impede balance if they are not on snow or ice.

Drink up

Remember that you are still losing fluids when you exercise in the winter through both sweat and your breathing. Sip water while you are exercising, your body does best when absorbing 3-4 oz at a time.

Head into the wind - to Start

Whenever possible head into the wind to start so that at the end when you are at your sweatiest and have the greatest risk of losing body heat the wind is at your back and you are not fighting the wind chill as well.