

Exercising in Cold Weather

Exercise has benefits all year, even during winter. But before you brave the cold, take a few extra steps to stay safe. Exposure to cold can cause health problems such as hypothermia, a dangerous drop in body temperature.

If you want to walk, ski, ice skate, shovel snow, or do other outdoor activities when it's cold outside:

- Check the weather forecast. If it's very windy or cold, exercise inside with a **Go4Life** DVD and go out another time.
- Also watch out for snow and icy sidewalks.
- Warm up your muscles first. Try walking or light arm pumping before you go out.
- Wear several layers of loose clothing. The layers will trap warm air between them.
- Avoid tight clothing, which can keep your blood from flowing freely and lead to loss of body heat.
- Wear a waterproof coat or jacket if it's snowy or rainy.
- Wear a hat, scarf, and gloves.

Know the signs of hypothermia:

- Watch for signs of hypothermia: cold feet and hands, swollen face, pale skin, shivering, slurring words, acting sleepy, and being confused or angry.
- Be on the lookout for later signs of hypothermia: moving slowly, trouble walking, slow heartbeat, shallow breathing, and blacking out.
- Call 911 right away if you think someone might have hypothermia! Get the person inside and wrap him or her in a warm blanket.

Quick Tip

For more cold weather tips, see *Stay Safe in Cold Weather* and *AgePage Hypothermia: A Cold Weather Hazard* at www.nia.nih.health.

VISIT

www.nia.nih.gov/Go4Life

- Read more tips for adding physical activity to your day.
- Print useful tools.
- Order the free exercise DVD.
- Share your exercise story.

