

A person is running on a dirt path at dusk or dawn. They are wearing a red hoodie, black shorts, and bright green sneakers. A headlamp is on their forehead, casting a bright light. The background shows silhouettes of trees and a body of water reflecting the low sun.

Exercising WHEN THE DAYS ARE SHORT

December 21 marks the shortest day of the year. If you exercise outdoors, you may find yourself in the dark. Keep these things in mind if you go out at dawn or dusk:

- Wear reflective gear and bright colors. Also consider taking a head lamp or flashlight. You want to be as visible as possible and have your own light source to see.
- Don't use headphones. You'll want your hearing to be sharp when visibility is low.
- Go against the flow if you're walking. Always walk against the flow of traffic. But, if you're biking, go in the same direction of traffic.
- Take a friend if you can. They can keep you motivated and offer extra safety.

Source: Department of Health and Human Services