



# Cold weather exercise

Cold weather can put a damper on outdoor exercise. But, continuing to exercise during the winter months has many benefits. Exercise combats seasonal depression, increases energy, and boosts immunity against illness.

Here's how to stay comfortable while you exercise in the cold:

- Wear layers so you can adjust your temperature as needed.
- Protect your hands and feet with warm gloves and socks.
- Wear sunglasses to protect your eyes from snow or ice glare.
- Stay hydrated. You may feel less thirsty in the cold but still need plenty of fluids.
- Stay indoors if the temperature is 0°F or below or the wind chill is below zero.
- Choose the proper footwear for snowy or icy conditions.
- Cover your mouth with a breathable wrap to warm the air you breathe.
- Start slow. Your body will adapt to cold conditions but progress gradually.
- Check with your doctor to make sure cold-weather exercise is right for you.