

Best Tips to Exercise Safely During Cold Weather

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Winter is not a reason to stop exercising. In fact, staying active during winter may help reduce the risk of seasonal ailments and boost immunity. However, winter also poses some challenges. These issues are not insurmountable. Instead, they just require taking some additional steps to stay safe.

With proper measures, some may even find exercising in winter more pleasurable, as one tends to sweat less in cold weather.

There are a few ways in which cold weather poses certain health risks. Like, during cold weather, there is a risk of hypothermia and a greater risk of catching certain seasonal infections. In addition, there is an increased risk of falls when it is freezing outside.

Further, low temperatures may cause some discomfort and thus discourage people from exercising. However, with proper measures & gear, exercising in winter is safe and can be enjoyable.

Know how to exercise when living with certain health conditions

During winter, people must practice additional precautions when living with certain health conditions, especially chronic respiratory health issues like asthma and COPD. In many, exposure to cold air may cause worsening of the symptoms.

Similarly, those with cardiovascular issues must also be cautious, as the cardiovascular system may respond differently to increased physical stress during the cold season.

Some individuals may be living with conditions that worsen only during chilly days, like Raynaud's disease, and such individuals also need to take precautions.

Here it is vital to understand that above mentioned health conditions are not a contradiction to exercise, but one may take extra measures to protect health.

Keep track of the weather

It is especially vital if you are planning to participate in outdoor activities. This will help you decide whether to continue with a workout or what kind of clothes to wear. Remember that though this tip may sound pretty simple and logical, neglecting the weather prognosis is among the leading causes of preventable health harm.

When considering the weather, pay attention to factors like wind speed, moisture level, etc. In addition, many weather channels would mention the outside temperature and also say what it feels like. Sometimes, the outside temperature may be just close to freezing, yet it may feel minus 10 degrees Celsius (14 F).

Similarly, you are more likely to freeze in wet weather than in dry weather.

Learn to identify early signs of hypothermia and frostbite

These conditions can be life-threatening. Hypothermia is when your body temperature falls to an abnormally low level. It usually occurs after spending a long time in the cold and not wearing proper or protective clothing. Hypothermia may cause issues like intense shivering, slurred speech, loss of coordination, and fatigue.

Another issue that often affects athletes is frostbite. Some of its early signs are numbness in fingers or toes, loss of sensation, and even stinging sensation. Immediately warm the affected area if you feel these early signs of frostbite.

Dress in layers



Even with the best planning, you cannot foresee all the factors. Moreover, weather conditions may change during the day. For example, it may be cold in the morning and relatively warmer at noon.

Similarly, once you start exercising, your body may generate massive amounts of heat, making you sweat a lot.

Therefore, instead of wearing a single very warm item, wear in layers. In such a case, you can take off some clothing when and as needed and put it back on when needed.

Additionally, ensure that the innermost layer is of thin synthetic materials that dry quickly. Avoid wearing cotton next to your skin as it tends to stay wet for a long. Next, you can wear sweatshirt and woolen clothes, and the outer layer must be wind resistant.

Protect your head, hands, and feet

When it comes to a head, remember that it receives one-fourth of blood flow. This is the reason why keeping your head warm is so important. Experienced athletes know that keeping the head warm can make a massive difference. This is the reason why people living in cold climates always wear warm headgear, as they know its importance.

Another issue you are more likely to face when practicing sports outside is that your hands may get colder. Here the reason is simple, during cold weather, a phenomenon called centralization of blood flow occurs. It means that your body tries to send more blood to vital internal organs and avoids sending much blood to hands and feet.

Invest in safety gears

It would depend on the type of activity. Nonetheless, one should invest in some basic safety gear. For example, running in cold weather may require special kinds of shoes. If you jog in the evening, buying reflective clothing is essential. Similarly, those who ski during the day may need to purchase proper outfits and even use sunscreen, the right kind of goggles, and more. In many winter sports, a helmet is a must.

If you are living with conditions like Raynaud's disease, investing in chemical heating pads is a good idea.

Stay hydrated



During cold weather, it is easy to neglect or forget about hydration. However, remember that the lower the temperature, generally drier the air. Additionally, when exercising, one may still sweat profusely, despite being quite cold outside.

Staying hydrated would help boost metabolism and heat production by the body and reduce fatigue.

To sum up

Cold weather is not a reason not to exercise. These tips would help you stay active and keep engaging in exercise even when temperatures drop. Some simple measures can help prevent injuries and even cold-related ailments. Only extreme weather may be the reason to skip your workout.



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