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5 Tips for Exercising Safely in Cold Weather

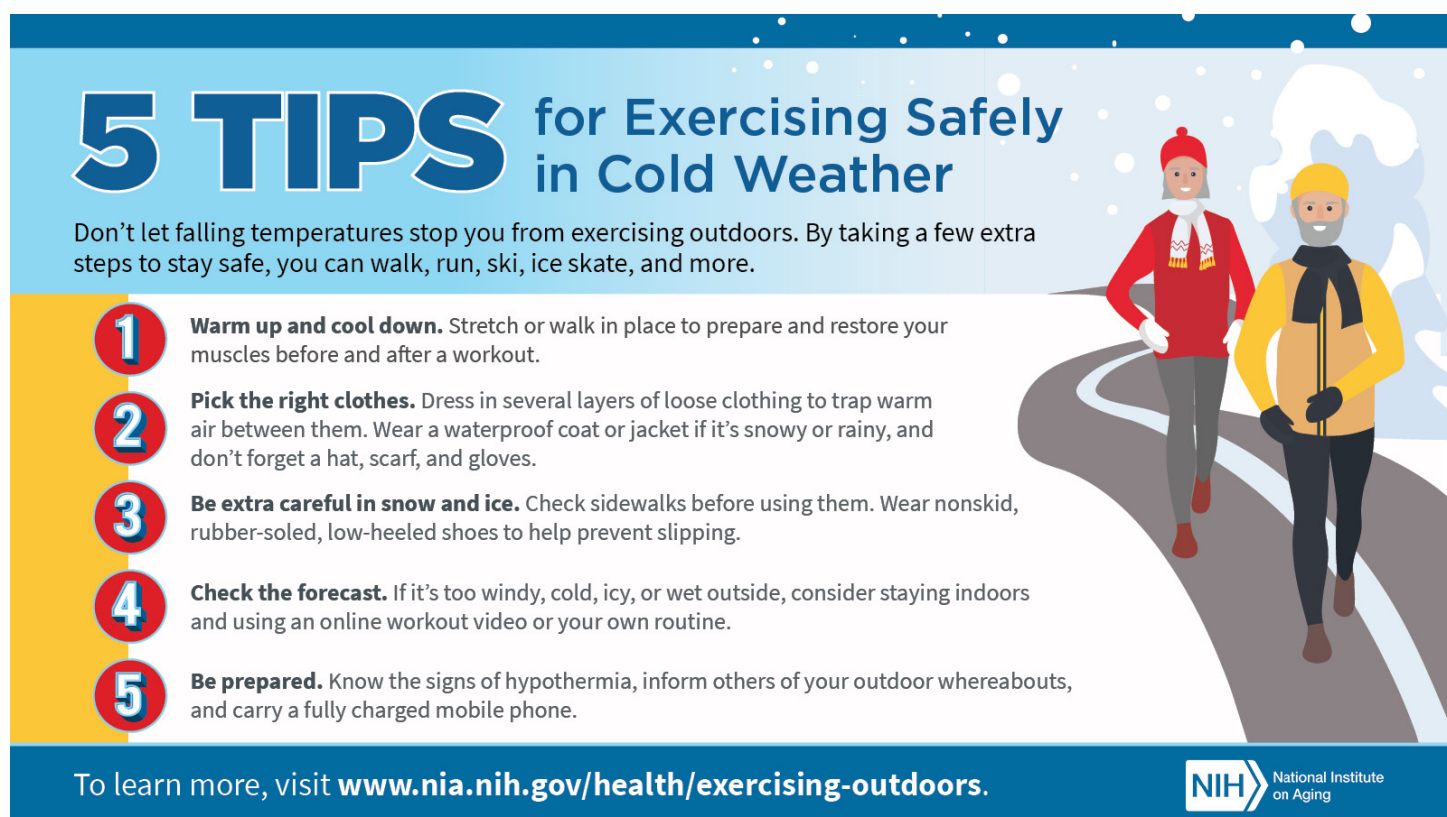
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Even when it's cold, you may be able to exercise outdoors. Be sure to follow these tips to stay safe in colder weather.

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5 TIPS for Exercising Safely in Cold Weather

Don't let falling temperatures stop you from exercising outdoors. By taking a few extra steps to stay safe, you can walk, run, ski, ice skate, and more.

- 1 Warm up and cool down.** Stretch or walk in place to prepare and restore your muscles before and after a workout.
- 2 Pick the right clothes.** Dress in several layers of loose clothing to trap warm air between them. Wear a waterproof coat or jacket if it's snowy or rainy, and don't forget a hat, scarf, and gloves.
- 3 Be extra careful in snow and ice.** Check sidewalks before using them. Wear nonskid, rubber-soled, low-heeled shoes to help prevent slipping.
- 4 Check the forecast.** If it's too windy, cold, icy, or wet outside, consider staying indoors and using an online workout video or your own routine.
- 5 Be prepared.** Know the signs of hypothermia, inform others of your outdoor whereabouts, and carry a fully charged mobile phone.

To learn more, visit www.nia.nih.gov/health/exercising-outdoors.

 National Institute on Aging

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